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Thursday, June 16, 2011
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FRIDAY'S JACKPOT
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FATHER'S DAY
TIPS FROM SULTAN OF SIZZLE TO GRILL LIKE A MASTER {page 45}

IT'S A BOY

PORTMAN SAYS SHE'LL BE OUT OF SPOTLIGHT {page 35}

TORONTO metro®
Thursday, June 16, 2011
www.metronews.ca
News worth sha

JONATHAN HAYWARD/THE CANADIAN PRESS

Believe it!

- Bruins dominate Stanley Cup final
- Upset Vancouver fans riot, overturn vehicles in street, greet Bruins victory with chorus of boos

▶ Boston Bruin Zdeno Chara hoists the cup following his team's win over the Vancouver Canucks in Game 7 of the Stanley Cup final in Vancouver yesterday. The Bruins won 4-0. Story, page 63.

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Spartan. Races

▶ Only the hardiest of competitors will make it to this finish line.

COURTESY NUVISION PHOTOGRAPHY

Are you up to the challenge?

The ultimate challenge is coming to the GTA this weekend, if you are up for leaping over flames, treading through ice-cold water and climbing over barbed wire. The Spartan Races, a series of obstacle races, will be held Sunday in Kelso Quarry Park in Milton. Participants can test their endurance in the sprint (4.83 kilometres with 15 or more obstacles), the super (12.88 km with 20 or more obstacles) or the "death race" (48 hours of unexpected endurance challenges). The races will be followed by a barbecue party, gladiator duelling, fitness contests and prizes. For more information, visit spartanrace.com. MARIANA IONOVA

Fictional Ford sends anarchist flying

- Play depicts mayor killing a man during the return of the G20 summit in 2018
- Mayor will be formally invited to production of this Fringe Festival farce, playwright says

It's 2018. The G20 is back in Toronto. A bomb explodes. Protesters are detained en masse. And Mayor Rob Ford throws an anarchist out the window of a fourth-floor interrogation room and kills him.

In Rob Ford And The Mysterious Case Of The Flying Anarchist, a farce that will appear at the Toronto Fringe Festival in July, the two-term mayor attempts to evade blame for his monstrous crime. There is also slapstick, clowning, out-of-context verbatim reciting of controversial Ford comments, and, logically enough, a "maniac" who masquerades as police Chief Bill Blair.

"Maybe people will take this to be in bad taste, but that'll be fine. I don't think Rob Ford's politics are in particularly good taste, so that would be totally appropriate."
MATT JONES, PLAYWRIGHT

The play, based on Italian Nobel Prize winner Dario Fo's Accidental Death Of An Anarchist, was written by journalist-student-activist-playwright Matt Jones, 32. It was inspired in part by Ford's campaign statement that he would have told Blair to "move in" on G20 protesters if he had been mayor at the time.

"This play is kind of a wish fulfilment," said Jones, a Toronto-raised Montreal resident. "You can think of it as an alternate history, or as Rob Ford getting his dream that the G20 comes back to Toronto when he's the mayor and he gets to behave as he would have liked."

Jones, a fervent Ford critic, said "it's important to satirize these people." Ford was an especially appealing target for theatrical satire, he said, because "he's just such a theatrical person."

Ford's office did not respond to a request for comment on this production.
TORSTAR NEWS SERVICE

1 news

Health experts offer a surprising perspective on the media's reporting of suspected cancer risks. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

Correction

In the June 15 Metro, a photo caption on page 4 had incorrect information about Art on the Move. The launch actually took place yesterday at the Assembly Hall. Metro regrets the error.

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Hoop. Dream

▶ Sadie Yanley, a professional Hula Hooper from the group Hoop Toronto, shows Torontonians how to move their hips for a good cause yesterday at the second annual Swiss Natural fundraiser.

MARIANA IONOVA/FOR METRO

Who can do the Hula?

For every person that Hula-Hooped, the company donated $1 to Breakfast for Learning, a non-profit group dedicated to promoting child nutrition. The event took place at Yonge-Eglinton Square, where Hula-Hoopers were giving out prizes, performing dance routines and encouraging passersby to have some fun. "We are hoping to raise $5,000 this year," said Ive Balins, event spokesperson.

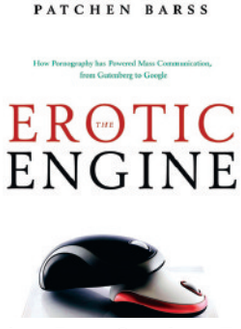
First there was porn, then Twitter

Role of pornography continues to diversify, author says Users can enter online virtual worlds for sex

Without pornography, we wouldn't have made huge advances in mass communication and technology, says author Patchen Barss.

The desire to share sexual content has been driving the communication industry over thousands of years, starting with explicit pictures scrawled on cave walls by early man, Barss told a packed audience at Moses Znaimer's City conference yesterday.

But it was the invention of the Gutenberg printing press in 1450 that really opened the door to mass media driven by porn, said Barss, who has recently published The Erotic Engine: How Pornography Has Powered Mass Communication, From Gutenberg To Google.



All of a sudden, people could easily and widely disseminate "ribald poetry and dirty pictures," Barss told the conference.

Move forward to the invention of VCRs.

"It became more expensive to buy a photo of a nude woman than an hour with a prostitute."
AUTHOR PATCHEN BARSS

A "certain group of people" liked watching movies by themselves at home. The market for porn is what started to drive the whole home entertainment industry.

"That was when porn became an economic powerhouse" that eventually drove billions of dollars into the economy through Internet content, Barss said.

TORSTAR NEWS SERVICE

John Street — 30 per cent cyclists, no bike lane: Advocate

The city is peddling false figures in its cyclist counts for the proposed pedestrian spruce-up of downtown John Street, one of Toronto's most prominent bike lane advocates says.

But city planners and politicians say a two-hour traffic count Toronto Cyclists Union founder Dave Meslin conducted on the street Tuesday morning was amateurish and flawed, and that a separate lane for bikes is not warranted along the revamped corridor.

"The reality is that the traffic counts that were done by the professionals were done to the standards that are acceptable to the city's engineering department," says Coun. Adam Vaughan.

"They are what they are and I'm not going to get into a quibble if he (Meslin) stood there for an hour one morning and saw 20 cyclists," says Vaughan, himself a staunch biking advocate.

RICK EGLINTON/TORSTAR NEWS SERVICE

▶ Adam Vaughan

Meslin, who is pushing for a bike lane to be included in the John Street plans, admits his numbers are not scientific.

Meslin gathered a group of friends this week to stand along the street and count the cars, bikes and pedestrians that passed by.

He says the numbers his group tallied showed bikes accounted for about one-third of John Street traffic, reaching 50 per cent along some segments.

TORSTAR NEWS SERVICE

City says ...

- A city sponsored study of the renewal project shows cycling traffic on John at two per cent at almost any time of the day or year.
- Vaughan says the city's John Street plans, widening the sidewalks, will not deter cyclists in the area because bike lanes are being planned for nearby Simcoe and Peter streets, which run parallel.

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Get your runners ready for dad

HANDOUT

▶ Participants gather to sign the memorial flag following last year's Father's Day Walk/Run.

▶ Donations for Father's Day run can be made until June 30, 2011
▶ Event will include a timed run

MARK HERBERT
TORONTO@METRONEWS.CA

The 11th annual Safeway Father's Day Walk/Run is ready to roll again in Toronto.

Prostate Cancer Canada has moved this year's walk/run to The Beach from the Distillery District to take advantage of the boardwalk appeal to make for a unique, rewarding experience Sunday.

"We wanted them to have a great memory," said Misha Lobo, Prostate Cancer Canada's manager of events. "What a great way to be there for your dad."

Lobo expects to match or exceed the $1.2 million raised last year.

Thirteen cities across the country will take part in the event as support for the annual run continues to grow.

"I have great expectations for this event," Lobo said. "It's a really, really important cause."

The last kilometre of the five-kilometre run has been dedicated to the late Mark Daley of Citytv, who was a longtime supporter.

Registration and donations can be completed online at fathersdayrun.ca.

Event details

- **Date** Sunday, June 19, at Ashbridges Bay Park.
- **Run/walk** Registration begins at 8 a.m. and the run/walk starts at 10 a.m.
- **Prizes** Register a team or an individual and compete for prizes.

For more local news, visit metronews.ca/Toronto

'Unloved hunk of metal' drives new project

The abandoned bike transformed into neon pink, flower-sprouting street art has grabbed worldwide attention, and will soon be replicated on streets around Toronto.

That's a long journey in a short time for an unloved hunk of metal that, after its butterfly-like transformation in late May, was slapped with a removal notice by a city inspector.

And, in no small feat, the "art bike" enticed Mayor Rob Ford to sit on it, even if it was a stationary photo op in the council chamber of city hall.

The journey started when artist Caroline Macfarlane decided to do something with the bike that had sat chained to a post outside the OCADU student gallery for years.

She sanded, primed and spray-painted the bike, and was returning with flowers for its basket when she found the city removal notice.

BERNARD WEIL/TORSTAR NEWS SERVICE

▶ Caroline Macfarlane transformed an abandoned bike in front of OCAD University's student gallery into a piece of public art.

Coun. Gary Crawford, a landscape and portrait painter by trade, stepped in and, at yesterday's council meeting, unveiled a Ford-approved, no-cost program to put such bikes in neighbourhoods around the city.

Macfarlane will have access to 150 abandoned bikes collected by the city and will, with fellow artist Vanessa Nicholas, art them up.

TORSTAR NEWS SERVICE

Hot topic

- **Public art** Artist Caroline Macfarlane said she thinks the bike saga got so much local attention because it combines two hot topics of debate in Toronto — cycling and public art.
- **Bikes** Macfarlane will have access to 150 abandoned bikes collected by the city and will decorate them with another artist.

TTC tackles platform suicides

The TTC is launching a new suicide prevention program today in partnership with Distress Centres of Toronto and Bell Canada.

New specially equipped payphones and signs will be installed on every subway platform to summon help for individuals showing signs of distress.

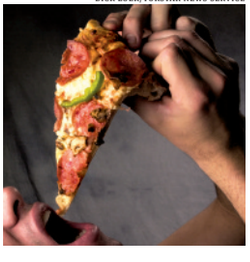
Called Crisis Link, the $100,000 program is designed to prevent people from taking their lives in the subway system, said TTC spokesman Brad Ross.

There have been seven suicides so far this year on the TTC, and 26 in 2010.

TORSTAR NEWS SERVICE

Full coverage in Metro Friday

DICK LOEK/TORSTAR NEWS SERVICE



Smiling pizzas raise thousands for charity

Pizza Pizza has raised $100,000 for Children's Miracle Network with its recent Slices for Smiles fundraiser. This past April, the company raised funds through a variety of channels, including sales of more than 120,000 smile-shaped pizzas introduced just for this year's campaign. METRO

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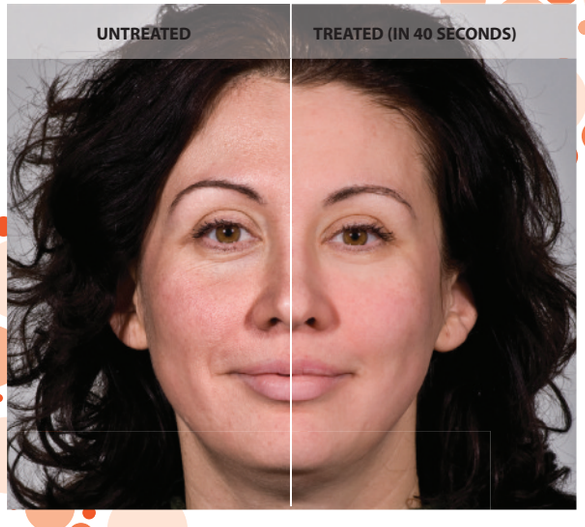

None of these images were retouched. Nanoblur was applied on one side of the face for comparison to the untreated side. The candidates were not wearing makeup and no special lighting was used. These half-face studies show true results of Nanoblur on these subjects.

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All-girl band has 'to play like men'

Top Cuban act shuns 'tourist music,' succeeds with new sounds

An all-female Cuban band, Caribe Girls, has sashayed into town to play sizzling salsa at Lula Lounge Saturday night.

One of Cuba's top musical acts, it honours the island nation's Afro-Latin musical roots — but insists it's not "tourist music."

The band's secret? Thiving Guerra, bandleader and keyboard player, provides some answers.

Has it been easy to keep a stable membership?

It is very difficult to maintain stable membership in an all-female band because marriage and children can get in the way. But, for the most part, we have all been together since the beginning (1999).

In the 1990s, there was a wave of all-female bands in Cuba. Why?

We have to thank the feminist movement and the government, which really has supported women. Many music graduates in the '90s were women.

You've been in Toronto twice. Does T.O. like your more advanced music?

It's very receptive to our music. We try to reach the audience with the different flavour of our music, our tropical diversity and colours, our rhythms, our Cuba.

Are your audiences very demanding?

We have to work extra hard as an all-female band because the competition is tough. We have to play like men, and we constantly experiment with new work and new sounds.

TORSTAR NEWS SERVICE

TORSTAR NEWS SERVICE

▶ The all-female Cuban band Caribe Girls performs at Lula Lounge, 1285 Dundas St. W., Saturday. Doors open at 7 p.m, the show starts at 10. The $15 admission includes a dance lesson at 9 p.m. Details at lula.ca.

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Syrians flee as troops storm towns

About 8,000 Syrians, mainly from the northwestern province of Idlib, have fled to refugee camps in Turkey

Terrified Syrians ran for their lives yesterday as elite army units swept through a restive northern province, expanding a deadly operation to crush signs of dissent against President Bashar Assad.

Farther south, tens of thousands took to the streets in the central city of Hama to show solidarity with victims of the military crackdown. Hama was the site of a 1982 massacre by the government of Assad's father and predecessor, Hafez Assad, whose forces shelled the city to crush a Sunni Muslim uprising.

The crisis in Syria has drawn international condemnation and isolation as serious as any in the Assad regime's 40 years in power. Human rights activists say more than 1,400 Syrians have died and some 10,000 have been detained as the government has struggled to put down the three-month-old national upheaval.

In recent days, Syrian tanks and the government's most loyal troops have been trying to extinguish any chance the anti-Assad resistance could gain a base for a wider armed rebellion. They have sealed off strategic areas in the north and east — including the town of Jisr al-Shughour, which was spinning out of government control before the military moved in Sunday.

THE ASSOCIATED PRESS

Assigning blame

The government blames a foreign conspiracy for the unrest, saying religious extremists are behind it — not true reform seekers.

- Yesterday, Maj.-Gen. Riad Haddad, head of the military's political department, claimed "gunmen" were "intimidating people into fleeing" Syria.

VADIM GHIRDA/THE ASSOCIATED PRESS

▶ Syrian children climb a fence that surrounds their refugee camp during a protest yesterday against Syrian President Bashar Assad in Yayladagi, Turkey, near the Syrian border.

Syria did not stop breach of Israel border: UN chief

MAHMOUD ZAYYAT/GETTY IMAGES

▶ Palestinian youth shout slogans last week in the Palestinian refugee camp of Ain al-Helweh near the Lebanese city of Sidon.

Syrian security forces did nothing to prevent demonstrators from crossing into Israel in May or attempting to break through ceasefire lines on the Golan Heights in June, UN secretary general Ban Ki-moon said in a new report.

In the report to the Security Council obtained yesterday by The Associated Press, Ban did not say who was behind the confrontations, but he called on the Israelis and Syrians "to show restraint and refrain from provocations."

The Syrian-Israeli border has been quiet for nearly 40 years, and Israel has accused the Syrian government of fomenting the two confrontations to draw attention from the three-month uprising in the country.

The secretary general said the UN peacekeeping force on the Golan Heights has not been able to confirm reports that Israeli military fire killed four civilians and injured 40 others in the May 15 incident, and killed up to 23 people and wounded many more June 5.

He said the two incidents "are of grave concern."

The May 15 unrest occurred on the anniversary of Israel's birth in 1948, a day the Palestinians refer to as the "nakba," or "catastrophe."

Ban said approximately 4,000 civilians, the vast majority Palestinian, gathered on the Syrian side of the border, opposite the Israeli village of Majdal Chams.

"The gathering was supervised by Syrian security forces and the Syrian authorities," he said.

THE ASSOCIATED PRESS

May 15 unrest

Ban said about 300 demonstrators moved toward the Israeli side "and despite the presence of the Syrian police, crossed the ceasefire line, through an unmarked mine field."

- They broke through a fence that had been erected by the Israeli Defence Force, which used tear gas and fired warning shots followed by direct fire to disperse the crowd, he said.

MOELETSI MABE/THE ASSOCIATED PRESS

▶ Jeremy Ractliffe, leaving a Johannesburg court yesterday, said, "I did what I did for what I felt were totally valid reasons."

Not guilty in gems case

South African free Model Naomi Campbell linked to 'blood diamonds'

A prominent South African businessman to whom supermodel Naomi Campbell testified she gave gems was found not guilty yesterday in a "blood diamonds" case.

Jeremy Ractliffe, former chief executive of the Nelson Mandela Children's Fund, had been charged with violating laws against possessing uncut diamonds.

"Mr. Ractliffe, you are not guilty and discharged," said magistrate Renier Boshoff. Ractliffe's wife and five daughters embraced.

Liberia's then-president Charles Taylor is believed to have been the source of the diamonds.

Campbell testified during Taylor's war crimes trial at The Hague she received the diamonds from three men who came to her hotel room.

It's the law

- It is illegal in South Africa to possess a rough diamond because of its possible links to funding fighters in African civil wars, money laundering and other crimes.

She said she did not know the source of the diamonds, but other witnesses said she bragged about getting them from Taylor.

Campbell said she gave Ractliffe the diamonds as a donation to Mandela's charity.

Ractliffe said he kept the stones in a safe for 13 years until he handed them over to police.

He did not report them to protect the reputations of Mandela, Campbell and the charity.

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Riots in Greece rattle parliament

Debt-ridden country comes under massive pressure from markets
Opposition demands PM resign

Greece's prime minister, struggling to ensure parliamentary approval for a crucial austerity bill, said yesterday he would reshuffle his cabinet and seek a vote of confidence for his new government this week after coalition talks with opposition parties failed.

The negotiations collapsed as rioters clashed with police in the streets of Athens during a general strike and renewed fears of default rattled global markets.

George Papandreou has been struggling to contain an internal party revolt over the austerity package that is the main condition for continued funding from a $155-billion US international bailout. Without continued funding from the rescue loans, Greece will default on its massive debts, which would unsettle the global economy and undermine the future of the eurozone.

Riot police fired repeated volleys of tear gas to repel rioters hurling firebombs and ripped-up paving stones. More than 60 people were injured, including 36 police. THE ASSOCIATED PRESS

Necessary move

- **The measures** must be passed by parliament before the end of the month if debt-ridden Greece is to continue receiving funding from its international bailout.

LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

▶ A Greek riot police officer kicks a protester yesterday during clashes in Athens' main Syntagma square.

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Manoir Victoria — + taxes & fees $147
INCLUDES Old Québec accom. FREE Cirque du Soleil street shows. Departs Aug 12/ggv/ac.

Halifax Air + 3 Nights $569
Citadel Halifax Hotel — + taxes & fees $145
INCLUDES downtown accom. Departs Jul 14, 21/ggv/ws.

Charlottetown Canada Day Concert Weekend, Air + 3 Nights $698
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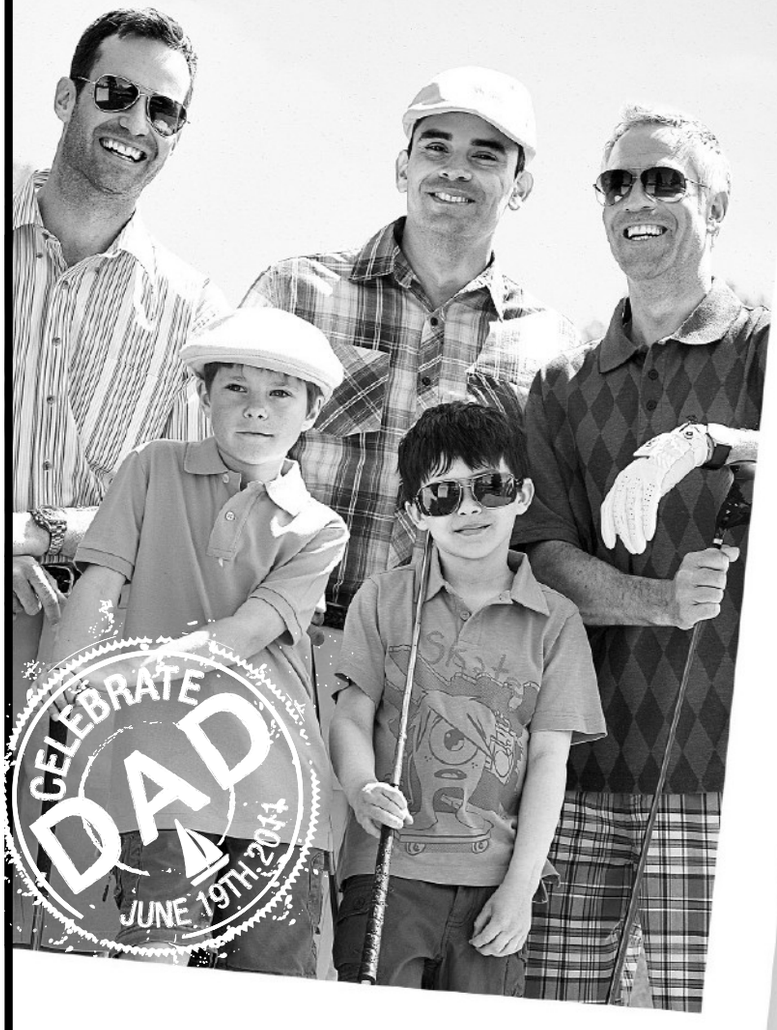

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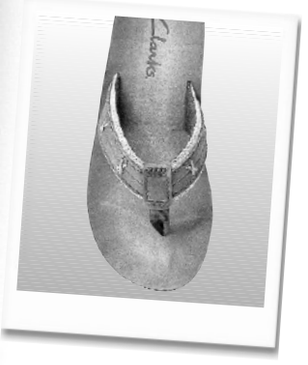

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Anti-prostitution laws unethical, lawyer says

Governments argue laws attempt to discourage exploitation, public degradation of women Send message that selling sex intolerable

Decriminalizing brothels and other activities associated with prostitution wouldn't bring every sex worker off the streets, a lawyer conceded yesterday.

But if it saves one woman from a predator like B.C. pig farmer Robert Pickton then reforming the law is worth it, Alan Young told a five-judge panel of the Ontario Court of Appeal.

Young represents three sex workers who succeeded in having three anti-prostitution provisions in the Criminal Code struck down as unconstitutional last year.

The federal and Ontario governments are appealing Justice Susan Himel's decision, which found the prohibitions deprive sex workers of the ability to protect themselves.

Banning communication for the purposes of prostitution, for example, means they can't spend time screening or interviewing clients without risking criminal charges, the women contend.

TORSTAR NEWS SERVICE

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COLIN MCCONNELL/TORSTAR NEWS SERVICE

▶ Lawyer Alan Young and Terri-Jean Bedford stand outside the University Avenue courthouse in this file photo.

'Hardest hurdle' is proving legislation too strict, justice says

Justice James MacPherson said the "hardest hurdle" confronting Lawyer Alan Young's clients is persuading the court that legislation passed by Parliament to address its concerns about prostitution was far too heavy-handed.

In theory, Justice David Doherty ventured, prostitution could also be made safer if prostitutes were allowed to carry concealed weapons.

But it would be perfectly legitimate for the government to oppose that because it could create too many other problems, Doherty added.

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Tories shoot to score in ad campaign blitz

Commercial aired during Stanley Cup Game 7 calls Dalton McGuinty the 'taxman' Points up for grabs in run-up to Ontario's fall election

COLIN PERKEL/THE CANADIAN PRESS

Premier Dalton McGuinty

Hockey fans got a taste of Ontario's looming election battle during the Stanley Cup final last night.

The Progressive Conservatives unleashed new attack ads aimed at Premier Dalton McGuinty, including a television spot that aired during Game 7.

As the Vancouver Canucks faced off against the Boston Bruins before a massive audience on CBC's Hockey Night In Canada, the Tories were to take shots at McGuinty's record on taxes.

The Liberals also bought some advertising time during the crucial game for a 60-second campaign-style commercial that started airing across the province last week.

But unlike their rivals, the Tories are putting McGuinty's face front and centre. The 30-second spot features an unflattering picture of the premier as an ominous voice warns that McGuinty will hike taxes again if re-elected Oct. 6.

"Since getting elected eight years ago, Dalton McGuinty has become the taxman, taking more and more out of Ontario family budgets," the voice intones. The narrator lists a number of levies brought in under McGuinty's watch, including the HST, the health tax of up to $900 per worker, and the eco fees on household products that the Liberals cancelled last year after a public uproar.

The ad ends with feel-good images of Conservative Leader Tim Hudak, who promises to lower taxes, including taking the provincial portion of the HST off hydro bills.

McGuinty shrugged off his "taxman" label with a laugh yesterday.

"I think most people are going to be focused on the game," he said. "Let (the Tories) do whatever it is that they choose to do."

Neither party will say how much they're spending on the pre-election ads, which don't count towards campaign spending limits because the writ hasn't dropped.

THE CANADIAN PRESS

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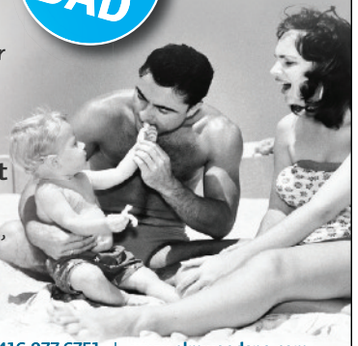

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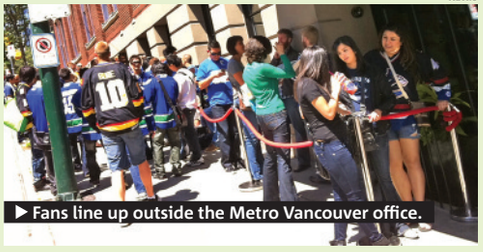

▶ Fans line up outside the Metro Vancouver office.

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It has come to this.

After nine months and more than 100 games of regular-season and playoff hockey, the league's championship was determined last night over 60 minutes.

It feels like the day when the Canucks will end 40 years of misery and heartbreak. I am, however, writing this ahead of puck drop.

In Vancouver, the sun is shining and people are out on the sidewalks in Canucks T-shirts and jerseys.

And because the province ordered downtown liquor stores closed before the game started, lineups were stretching out into the street.

By 1 p.m. yesterday, 100 people lined up on the sidewalk below our office, just for a place to watch the game.

There's a real Olympic-like excitement in the streets.

I hope it has the same happy ending.

JEFF HODSON IS MANAGING EDITOR OF METRO VANCOUVER

NDP would scrap ambulance fee

Ontario party leader says 'frugal' seniors hesitate to call ambulance due to $45 fee ◗ Liberal government says half of all calls are already exempt

Ontario NDP Leader Andrea Horwath's elderly mother almost didn't call an ambulance during a recent health emergency because it costs money.

But if Ontario elects an NDP government in the fall, Horwath said she would get rid of the $45 fee charged to patients transported to hospital for a medical emergency.

"Families shouldn't have to think twice before calling 911 during an emergency," Horwath said yesterday outside an ambulance station on Davenport Road in Toronto.

Eliminating ambulance fees would cost $30 million annually, she added.

TORSTAR NEWS SERVICE

▶ Andrea Horwath

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Sears

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Couple flees from snakes

So many reptiles outside their home the ground appeared to move

The five-bedroom house sits on pastoral acreage in the rural Idaho countryside. At a price less than $180,000 US, it seemed a steal.

But a bargain it wasn't. Ben and Amber Sessions soon realized the dream home they had purchased for their growing family in 2009 was infested with hundreds upon hundreds of garter snakes.

Throngs of snakes crawled beneath the home's siding. At night, the young couple said they would lie awake and listen to slithering inside the walls.

"It was like living in one of those horror movies," said Ben Sessions, 31.

The family would frequently eat out because their well water carried the foul smelling musk the snakes release as a warning to predators.

Each day, before his pregnant wife and two small boys got out of bed, Sessions said he would do a "morning sweep" through the house to make sure none of the snakes had made it inside. That didn't always work. One day, he heard his wife scream from the laundry room, where she had almost stepped on a snake. He rushed into the room to find that she had jumped onto a counter.

At the height of the infestation, Sessions said he killed 42 snakes in one day before he decided he couldn't do it anymore and so the family decided to flee the home.

THE ASSOCIATED PRESS

▶ Ben Sessions holds a snake he caught at the home he purchased near Rexberg, Idaho. The five-bedroom house on a nearly two-acre lot in the eastern Idaho countryside was infested with hundreds of garter snakes.

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AMBER SESSIONS/THE ASSOCIATED PRESS

Serpent-infested home had previous owners

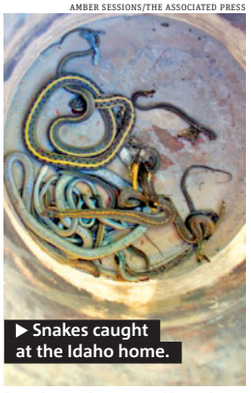
Neal and Denise Ard previously lived in the snake-infested Idaho home, and in 2006 they invited the local news station to come to film the buckets of snakes they had collected on the property. The video, which has 2.4 million views on YouTube, was taken before the Ards abandoned the home.

In March 2007, the Ards sued the couple who had sold them the home for $189,900 US and the real estate agent who negotiated the sale, according to court documents. The complaint was dismissed a year later.

There have been some people who have looked at the house since the most recent family moved out, said Dustin Chambers, a neighbour. One day, when a real estate agent was showing the property, a farmer who lives down the road stopped by to warn them, he said.

"Now, if anybody sees anybody, they kind of will let them know," Chambers said. "Just so that somebody else doesn't get caught in the same trap."

AMBER SESSIONS/THE ASSOCIATED PRESS



▶ Snakes caught at the Idaho home.

The home was most likely built on a winter snake sanctuary, likely a snake den or hibernaculum, where snakes gather in large numbers to hibernate for the winter, said Rob Cavallaro, a wildlife biologist with the Idaho Department of Fish and Game.

THE ASSOCIATED PRESS

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Postal strike down for the count

Labour minister serves notice that she will order posties back to work Bill could be debated Monday

Ottawa is preparing back-to-work legislation for Canada Post, setting the stage for a resumption of mail service as early as next week.

Labour Minister Lisa Raitt told the House yesterday that she was tabling notice of intention to introduce the legislation, meaning the bill could be up for a vote next week.

"The strike is now affecting the Canadian economy and it has an effect on third-party Canadians who are not part of this dispute but are the ones who are suffering," she said.

But the government says it still hopes the striking parties will reach a deal before legislation is needed.

The Canadian Union of Postal Workers has also said it doesn't want to be ordered back to work, and blamed Canada Post for forcing the government's hand Tuesday night by locking out workers and suspending urban service.

THE CANADIAN PRESS

48 hours

- **Under the rules of the** House of Commons, the government must give 48 hours' notice before it can introduce new legislation. Since Parliament will not sit tomorrow, the bill is expected to be debated next week.
- **Canada Post says the** rotating strikes, which began June 3, have cost it about $100 million.

ADRIAN WYLD/THE CANADIAN PRESS

▶ Canada Post's lockout of striking workers was a game-changer, Labour Minister Lisa Raitt says. After a Conservative caucus meeting yesterday on Parliament Hill, she announced the government's intention to introduce back-to-work legislation.

Market moment

PRICES AS OF 5 P.M. YESTERDAY

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U.S. must swallow bitter fiscal pill, Flaherty says

ADRIAN WYLD/THE CANADIAN PRESS

It's not often a Canadian politician goes to the U.S. to offer advice, but Finance Minister Jim Flaherty took that diplomatically risky chance yesterday when he told New York business elites the U.S. needs to get its fiscal house in order.

In a blunt talk to the Canadian Association of New York, Flaherty said the U.S. needs a solid plan to eliminate the deficit and reduce debt. There is no time to waste, he said, because the fate of the global economy depends on the decisions being made in Washington.

In his speech, Flaherty specifically named Paul Ryan, the Republican chairman of the House budget committee, who wants to repeal U.S. President Barack Obama's healthcare law, put hard caps on domestic spending and limit Medicare.

THE CANADIAN PRESS

No talks as Ottawa moves to end airline strike

Despite the threat of back-to-work legislation, Air Canada and the union representing 3,800 striking employees appeared no closer yesterday to resolving their contract dispute.

There was some dialogue between the two sides, but no formal talks are scheduled, union spokesman Darryl Bink said.

Travellers faced minor delays as striking workers staged protests at airports in Vancouver and Montreal. However, no major disruptions have been reported since customer-service agents and other staff walked off the job Tuesday.

Ottawa has warned it could table a back-to-work bill today, saying the economy is too fragile to withstand a prolonged strike.

Ken Lewenza, president of the Canadian Auto Workers, said he would like to negotiate a settlement with Air Canada before the government forces employees back to work.

"There's one thing about legislation. It doesn't improve the workplace conditions or the morale," he said. "Our members will not be happy with being legislated back to work. They'll be happy with a bargained settlement."

But the issue of employee pensions remains a major stumbling block.

Air Canada spokesman Peter Fitzpatrick said the company also wants to avoid back-to-work legislation. He said there has been "ongoing dialogue" between the parties at a Toronto hotel since the walkout began, focusing on possible resolutions to the pension issue.

THE CANADIAN PRESS

PETER EDWARDS/TORSTAR NEWS SERVICE

▶ Striking Air Canada counter workers try to drum up support yesterday outside Terminal 1 at Pearson International Airport.

Strike force

- **Striking Air Canada staff** received support yesterday from about 200 members of the International Association of Machinists and Aerospace Workers, who stopped working for about 20 minutes at Pearson International Airport to show solidarity.
- **Some striking** Air Canada workers, joined by locked-out postal workers, picketed Labour Minister Lisa Raitt's constituency office in Milton.

Windsor has cheapest housing

Vancouver the most expensive market to relocate an executive to in Canada, according to survey

Executives or downsizers looking to relocate their families in Canada would do well to avoid Vancouver and think Windsor.

The price of an average four-bedroom, two-bathroom home in Vancouver is $1.5 million, compared with only $144,456 in recession-hit Windsor, a difference of more than $1.3 million, according to a report released yesterday by realty company Coldwell Banker.

Vancouver ranked as the third most expensive place in North America to buy a four-bedroom home, behind only California's Newport Beach at $2.5 million and Pacific Palisades at $1.6 million.

The last year has seen an astounding 25.7 per cent increase in home appreciation in Vancouver, according to figures by the Canadian Real Estate Association. The headline figure has elicited warnings from economists that the West Coast city is in an unsustainable price bubble.

Windsor has seen major unemployment from the crash in the auto industry, and it is now trying to promote itself as a retirement community.

Toronto seems surprisingly reasonable based on Coldwell Banker figures. An executive four-bedroom home is $378,913, making it cheaper than Guelph, Burlington, Ottawa or Wasaga Beach.

Other studies, however, found the cheapest similar home in Toronto to be $465,000 in Scarborough.

From there it gets progressively more expensive. A four-bedroom home in Leaside would cost $1.12 million and in Moore Park it would cost $1.7 million.

Some of the difference in pricing could be due to methodology. Royal LePage says its executive home must be detached and have a two-car garage. The Coldwell Banker report includes other stock such as townhomes.

TORSTAR NEWS SERVICE

Affordable areas

If you are hoping to avoid overheated markets, some of the more affordable places to relocate are in the Golden Horseshoe area, according to Coldwell Banker.

- Welland, Fort Erie, St. Catherines, London and Brantford are all within the top eight cheapest places in Canada to buy a home.
- In May, Toronto average prices jumped 8.7 per cent, or slightly higher than the national average.

COURTESY COLDWELL BANKER

▶ The average price of a four-bedroom and two-bathroom home in Vancouver is $1.5 million.

COURTESY COLDWELL BANKER

▶ The average price of a four-bedroom and two-bathroom home in Windsor is $144,456.

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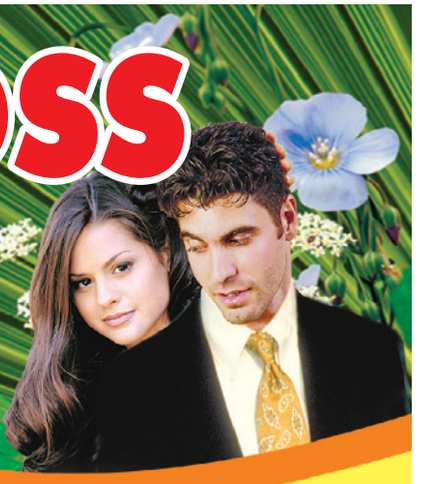

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How long must I use BIO-FEN PLUS™ *?*

BIO-FEN PLUS™ capsules are usually effective at stopping hair loss within the first two months. However, since healthy hair grows only about 1 cm each month, it may take up to three months before you notice that hair growth is increased or further hair loss is stopped.

Anyone experiencing new growth will see it within four to six months. Once results become apparent, some users are able to reduce their BIO-FEN PLUS™ supplement dose to one capsule every second or every third day. Some clients will continue to take BIO-FEN PLUS™ daily. Once you stop completely, however, your hair growth pattern will slowly go back to the point where you started.

How safe is BIO-FEN PLUS™ *?*

The ingredient combination in BIO-FEN PLUS™ is generally safe for most adults. However, the following cautions are advised:

Folic acid: Consult a health care practitioner if you are uncertain whether or not you are taking adequate vitamin B12, as folate supplementation can mask a Vitamin B12 deficiency.

Vitamin B3: Consult a health care practitioner prior to use if you have impaired liver function.

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What is the quality of BIO-FEN PLUS™ *?*

BIO-FEN PLUS™ is manufactured in Canada according to a quality assurance program called Good Manufacturing Practices *(GMP)*. This ensures that the ingredients are tested for their level of quality, potency & purity, prior to production and again prior to sale.

See our website to locate your nearest Health Food Store or Pharmacy that offers BIO-FEN PLUS™ and other quality products from Hair Grow Technology.

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www.biofen.com

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A WEIGHT OFF HIS SHOULDERS

HE SAYS ...

JOHN MAZEROLLE
METRO

How you feel about your weight depends on which way your waistline is headed.

To an impartial observer it's static. But when you look in the mirror, you're judging it against its past — you're either losing weight and on your way to supernatural hunkdom, like the werewolves on Twilight, or you're gaining weight and transforming into a disgusting amorphous creature from Star Trek, like William Shatner.

I had been bound for late-era Captain Kirk but, having lost 15 pounds, am now headed to Werewolf Central. Rowr.

Like most dieters, I needed some symbolism to get me going. I'm betting more people begin losing weight at round numbers like 200 or 250, then at, say, 242. Something about a big, round number makes you feel big and round.

For me, it was 190. That won't get me on The Biggest Loser, but it's all relative. For some men, it takes sinking a paddleboat at a theme park before they decide to get in shape. For some teenage girls, they see the shape of a recently eaten Triscuit poking through their ribs and christen themselves Shamu, Whale of the Schoolyard.

"Avoid yo-yo diets: Though they provide a satisfying crunch, the string gets caught in your teeth. And it can come back on you, if you catch my drift."

In my case, I noticed one morning that my belt had become redundant. I could have painted a belt on my jeans and saved the trouble of putting it on.

As for waistline direction, I had watched myself grow by 70 pounds in 12 years, which means I would have weighed 400 pounds at age 76. I don't have enough friends to carry that casket.

So I decided to try that new diet of eating less and exercising more. And given my small amount of success, I now have the hubris and vanity required to tell you how to avoid becoming a blimp. Oh, the hu-vanity!

Here's how to be a loser like me:

• Skip breakfast: It thinks it's the most important meal of the day and, frankly, I'm sick of its attitude.

• Avoid yo-yo diets: Though they provide a satisfying crunch, the string gets caught in your teeth. And it can come back on you, if you catch my drift.

• Choose empty calories, which are presumably lighter than full ones.

• Pick your poison: Two health studies were released this week. One showed that a low-carb diet will save you from cancer, the other that a high-carb diet will save you from Alzheimer's. The choice is yours!

That's what it takes, readers. Heed the advice of me, the future werewolf, or be doomed to eternal tubbiness.

And remember, I haven't gotten a fat head. It's just big-boned.

Read more of John Mazerolle's columns at metronews.ca/hesays

metro life panel

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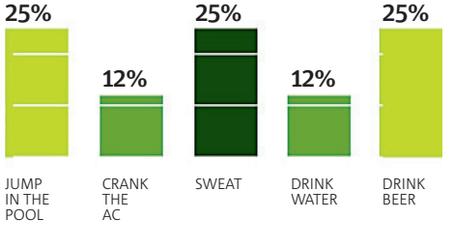
What are you doing to beat the heat?



Local tweets

- **@scorzzzz:** #stanleycup GAME 7 TONIGHT FROM #vancouver ... aka the battle for the Leafs 29th or 30th draft pick. (For that reason ... go #canucks????)
- **@matwilcox:** Some nice man just called me a Cougar for wearing a Canucks shirt. I am sure he meant that in the nicest way. #whatever #believe
- **@amrefmelanie:** Will Luongo fall apart again? I'm guessing YES #Canucks #stanleycup
- **@esemalulu:** Vancouver 2 - Boston 1 ... a moose named Stanley told me so eh
- **@thedolce:** Canadian teams have NEVER lost on HOME ICE in a game 7 of a Stanley Cup final. Let's hope we keep that tradition alive tonight! Go Canucks!
- **@thejustinfisher:** FACT: Tonight's GWG will be a product of a blown/missed call; we'll never hear the end of it from the losing team's fans. #Canucks #Bruins
- **@vinniesal:** The puralator dude said Swedes always choke and @NHLBruins are gonna win :) #Bruins

Worth mentioning

TORONTO. A new report on tablet usage in Canada suggests consumers have eagerly adopted the expensive devices and sales may double in the next year.

A survey conducted by the Media Technology Monitor, a product of CBC/Radio-Canada and BBM Analytics, suggests about five per cent of the population already has a tablet. The group estimates sales will push tablet ownership to 10 per cent in 2012.

It was just a little more than a year ago that the Apple iPad first hit the market in Canada, introducing mobile tablet computers to consumers.

Now, awareness of tablets is "virtually universal," the report suggests, with more than nine in 10 Canadians having heard of the iPad or another tablet.

Consumers who bought into the early tablet hype are mostly very happy with their purchases, the survey results suggest.

About 88 per cent said they would either definitely or probably recommend a tablet to friends and family based on their experiences.

THE CANADIAN PRESS

Cartoon by Michael de Adder

WEIRD NEWS

Dr. Seuss would be proud

Samuel L. Jackson is narrating the audio book for the profane hit nursery rhyme Go The (Bleep) To Sleep.

The star of such films as Pulp Fiction and Snakes On A Plane is known for his way with a four-letter word. Go The (Bleep) To Sleep is this summer's surprise hit by tired dad Adam Mansbach.

The hardcover book and audio version went on sale Tuesday. Pre-orders have kept the book high on the Amazon.com bestseller list for weeks. Film rights have already been sold. A free download of the book is available through audible.com.

Jackson, 62, was a presenter at Sunday's Tony Awards. He is set to make his Broadway debut this fall as the Rev. Martin Luther King Jr. in The Mountaintop.

THE ASSOCIATED PRESS

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HANDOUT

▶ Jayne Eastwood, Robin Duke, Kathryn Greenwood and Teresa Pavlinek are Women Fully Clothed

Comedy all dressed up

Women Fully Clothed returns with Older and Hotter Sketch comedy veterans busting guts again at Second City with their female-driven jokes

IAN GORMELY
SCENE @METRONEWS.CA

Sketch comedy is generally the domain of men performing in small, cavernous clubs. But a quartet of women are dragging the medium out of the bars and into the decidedly more respectable world of theatres.

Second City vets Robin Duke, Jayne Eastwood, Kathryn Greenwood and Teresa Pavlinek formed Women Fully Clothed eight years ago, mining the group's collective life experiences for its comedy. After "flogging that horse" as Eastwood describes it for six years, the women penned their new show, Women Fully Clothed: Older and Hotter, which runs through Sunday at the Royal Alexandra Theatre.

It's called Older and Hotter "because we're older, but hotter," jokes Greenwood.

The new show once again borrows from its cast's lives, blending sketches with original songs to create 90-minutes of comedic catharsis.

"It's very scenic, very theatrical," says Duke. "Sometimes sketch can only last a few shows. It's just in the immediate energy of performing it. For us it's gotta have enough in it so we're engaged in it as performers."

"Women have always been in comedy and they've always been funny."
KATHRYN GREENWOOD

Pavlinek agrees.

"It more like a revue. It feels more cohesive."

That there's a market for female driven comedy like Women Fully Clothed is a no brainer says Duke who also did a stint on the then notorious boys club, Saturday Night Live, in the early '80s.

"It became more defined when I became a mother, the female part of my sense of humour, or reference points," she says. "Women just got it."

"Women have always been in comedy and they've always been funny," says Greenwood. "We're just carrying on."

"The bottom line is the funny," says Pavlinek. "Women are getting savvy. They want to see smarter, cooler, hipper stuff. Once you get out there you gotta have the goods or you're gonna fall by the wayside."

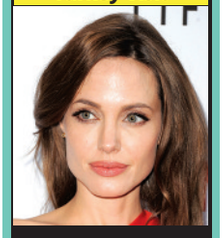
Fully clothed

Although founded eight years ago, Women Fully Clothed actually had its genesis back in the '80s.

- **Greatest hits** Duke, was part of an all-female Second City alumni act performing a greatest-hits set of past sketches. "I remember that being the most fun I'd ever had just working with those women," she says.
- **Big chance** She got her chance to recreate that sensation 2003 when she was asked to once again put together a group of women to perform at a Second City charity fundraiser. Nine months later they had a full show.

2 scene

Turkey visit



Turkey says Angelina Jolie can visit Syrian refugees who have fled violence and are camped out on the Turkish side of the border.
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THE ASSOCIATED PRESS

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JONATHAN HAYWARD/THE CANADIAN PRESS

▶ Actress Preity Zinta poses for a photo in Toronto on Sept. 5, 2008. Three generations of the famed Kapoor family and music artists Shankar-Eshaan-Loy are among the superstars headlining the International Indian Film Academy celebrations in Toronto next week.

Famed Kapoor clan hitting T.O. for IIFAs

GETTY IMAGES

▶ Anil Kapoor

Three generations of the famed Kapoor family, Deepa Mehta's Heaven on Earth star Preity Zinta, and music artists Shankar-Eshaan-Loy are among the superstars headlining the International Indian Film Academy celebrations in Toronto next week.

Organizers of the three-day event announced some of the luminaries bound for the annual touring showcase of Indian film.

They include Kapoor family members Neetu, Rajiv, Randhir, and Rishi.

Meanwhile, brothers Bobby and Sunny Deol and their father Dharmendra, who will perform together for the first time.

Other notable guests arriving in the city include Bipasha Basu, Priyanka Chopra, Boman Irani, Karan Johar, Madhavan and Mallika Sherawat.

Anil Kapoor, best known for roles in 24 and Slumdog Millionaire, is also slated to appear. Also on the lineup is Shilpa Shetty, the actress and model who was embroiled in a controversy on Britain's Celebrity Big Brother in 2007.

The star-studded weekend includes a film festival, music workshop, fashion show, business forums and an awards show. Festivities run June 23 to 25.

The festival is being held in North America for the first time.

The pre-show airs live June 25 on OMNI.

Meanwhile the Floriana IIFA Awards will be broadcast live via pay-per-view.

On the Net, viewers can check out the entertainment on iifa.com.

THE CANADIAN PRESS

Shania Twain returns to spotlight

Country-pop darling back with the radio-friendly tune, Today Is Your Day ◐ Release is timed with the finale of her reality TV series, Why Not? With Shania Twain ◐ Show tracks star as she revives her singing chops

Shania Twain has released her first new song in years, but the inspirational piano ballad Today Is Your Day should sound familiar enough to her legion of fans.

The 45-year-old country-pop superstar's new tune, Today Is Your Day — the first song she's written on her own in six years — hit iTunes following the U.S. finale of her reality TV show Why Not? With Shania Twain, which aired on OWN.

The radio-ready single finds Twain purring an ode to resilience and redemption that would have fit right in on one of Twain's earlier smash-hit discs, the latest of which, Up, was released way back in 2002.

After that, Twain took a break that just seemed to extend on and on. Her career eventually seemed to stall completely, as she recovered from the breakup of her marriage to hit-making producer Robert (Mutt) Lange. But Today is only the latest step in Twain's ongoing comeback. In recent months the notoriously private singer has opened up with a reality TV series and a revealing autobiography, and last week announced that she would return to the stage for a two-year residency at Caesars Palace in Las Vegas beginning in December 2012.

And those who have paid attention to Twain as she's gone public with the pain of her divorce — which she says caused her to lose her singing voice — won't have much trouble interpreting the lyrics to her latest single.

The tune finds Twain summing up her recovery in Hallmark-worthy slogans, as she sings: "When somebody throws sticks and stones/ All they can break are your bones/ And life's gonna kick you around/ And then kick you again when you're down/ But today is your day/ And nothing can stand in your way." The new song had already cracked the top 15 on iTunes' singles sales chart by Monday morning. Twain said in a recent interview that she planned to spend the summer crafting her first new album in nearly a decade, but that she wouldn't rush it. She also pledged to "experiment" with her sound, and indicated that her next record could signal a stylistic departure.

CANADIAN PRESS

CHARLES SYKES/THE CANADIAN PRESS/AP

▶ Singer Shania Twain is shown arriving at the 2011 CMT Music Awards in Nashville, Tenn. on June 8.

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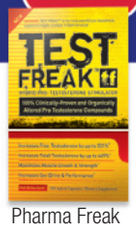

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Keith Urban

Country star uses innovative staging on upcoming tour to bring audience right in

Turns out Keith Urban's 2011 Get Closer Tour is aptly named.

The country superstar will unveil a new stage design when his tour starts today in Biloxi, Miss. Urban often tucks away ideas he comes up with while standing on stage in front of thousands of fans. He noticed on his last tour that when he descended ramps at each end of the stage, nearby fans were practically in the concert.

So he built a curved stage with a continuous ramp from side to side, erasing the barrier.

"I just think our audiences are there to have a good time," Urban said.

"I want them to feel liberated, that they can do whatever they want to do. If they want to dance and scream and cheer, they should be able to do that and not feel like someone's going to come and tell them to sit down."

Urban previewed his tour for reporters and a select group of a few hundred fans last week during the CMA Music Festival at Nashville's Municipal Auditorium.

He showed off the stage and played a few songs in front of a video screen that flashed concert footage, artwork and video interludes with other country artists.

The Australian singer's tours are among country music's most anticipated. Pollstar figures show his Defying Gravity Tour, which kicked off in 2009, grossed more than $51 million with more than 763,000 tickets sold. He sold 88 per cent of tickets available and averaged 10,600 attendance.

"I'm just trying to make sure that everybody, no matter where they're sitting, feels connected to what we're doing."
KEITH URBAN

That's country gold. And to maintain that standard, Urban is working to keep his show fresh. Along with the scalloped main stage, he's got four others set up around the arena.

That includes "one that's tiny and movable every night and it allows me to go anywhere in the arena from night to night. It's always different," he said.

"The one thing with social networking and YouTube is people already know what you're doing. They've already seen the show. There's no surprises any more. So I figured out the idea of the moving stage and it will never be in the same place twice."

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gets up close to fans

WADE PAYNE/THE ASSOCIATED PRESS

▶ Keith Urban talks last week about his 2011 Get Closer Tour at the Municipal Auditorium in Nashville, Tenn. Urban previewed his tour for reporters and a select group of a few hundred fans.

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Taking truth to a dark place

Junior Boys' disappointment with last CD fuels new disc, It's All True Latest effort now available

HANDOUT/THE CANADIAN PRESS

Junior Boys are Matt Didemus, left, and Jeremy Greenspan.

Last year, Junior Boys lead vocalist Jeremy Greenspan retreated to Shanghai to work on the electronic pop duo's new album thinking that a departure — in every sense of the word — might be just what he needed.

He was still dealing with his disappointment over what he felt was an indifferent response to the Hamilton pair's last record, 2009's Begone Dull Care, as well as some "pretty difficult" things going on in his personal life.

And the aptly titled It's All True, which hits stores this week, finds Greenspan dealing with pretty much all of it — which means it wasn't a particularly easy record to make.

"It was like therapy, you know?" Greenspan, 31, said in a recent phone interview. "I was basically dealing with lots of feelings of getting old and losing touch and being a bit of a failure and life and all that kind of stuff."

"It was a really emotionally exhausting record to make just because it's quite a personal record in a lot of ways. It was kind of more introspective. The record also is kind of technically complex to make, not just from the perspective that it was made in different facets and different places, and just the production of it was more elaborate."

That elaborate process began with Greenspan's Chinese sojourn.

The original impetus for the trip was to visit his sister, who lives there, but he also suspected it would be an interesting place to work. He was there for two months, and recruited local musicians who would be willing to play traditional Chinese instruments on the record.

"They were almost bemused or befuddled that I wanted to record it at all," Greenspan said of working with the local musicians.

"It was a really emotionally exhausting record to make just because it's quite a personal record in a lot of ways. It was kind of more introspective. The record also is kind of technically complex to make."
JEREMY GREENSPAN

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Big voices come together

DAMIAN DOVARGANES/THE ASSOCIATED PRESS

▶ Christina Aguilera and Adam Levine.

Christina Aguilera and Adam Levine of NBC's talent show The Voice are putting their voices together on a new Maroon 5 single. Aguilera is featured with Levine and his band on the tune Moves Like Jagger, which will be released next week on iTunes.

They'll perform the song on the June 21 episode of The Voice.

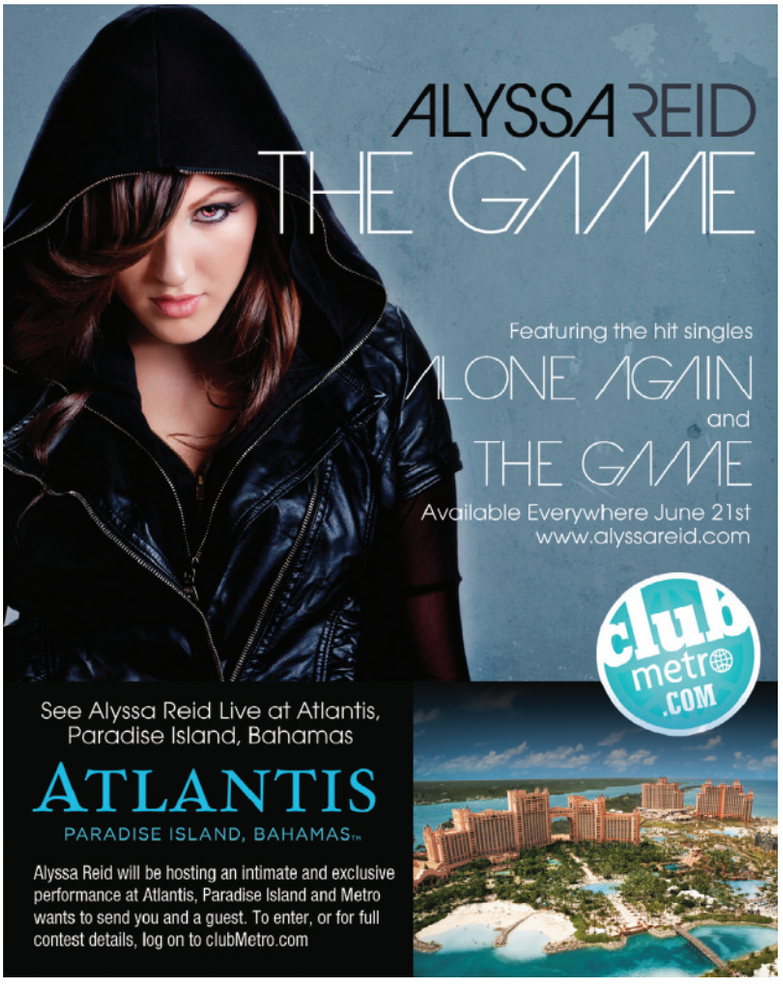
The studio version will be available to buy online following the show, NBC announced Tuesday during this week's episode.

The track was recorded last month in Los Angeles, Levine said in a statement, adding that it was "great" getting to work with Aguilera. The song was described as quintessential Maroon 5 power pop, with an upbeat tune.

Levine and Aguilera, along with Cee Lo Green and Blake Shelton, are coaches on The Voice, which awards the winning singer a record contract and a $100,000 prize.

Levine won't be idle for long after the June 29 season finale: Maroon 5 is co-headlining a North American summer tour with Train that begins July 22 in California.

THE ASSOCIATED PRESS



Tori and Dean: Wedding planners

In their new series the Hollywood couple (who eloped themselves) plan nuptials for nine other pairs

Tori says she's OK after accident

ASSOCIATED PRESS/CHRIS PIZZELLO

▶ Tori and Dean

Tori Spelling says she and her children are in good health after a car crash in Los Angeles earlier this week.

"We're all doing fine," the pregnant TV star said Tuesday in a phone interview to promote Thursday's Canadian premiere of her series Tori & Dean: sTORIbook Weddings on Slice.

On Monday, Spelling revealed on her Twitter page that she got into a crash after a chase involving the paparazzi.

"Paparazzi chased me w/the kids 2school. I was trying to get away from him and had a pretty big accident," wrote Spelling, who has two children — Liam, 4, and Stella, 3 — with Toronto-born actor Dean McDermott.

"Took down whole wall of school. He thn STILL got out to try to get pics. 10 school moms chased him away. Wht will it take? Someone dying for paparazzi to stop? Going to dr now to check on baby. I think its just shock."

"Dean and I ... love our love story and we wanted to see others find their happy endings."
TORI SPELLING

On Tuesday afternoon, Spelling confirmed that she is in good health, but wouldn't go into detail about the incident.

Spelling and McDermott are expecting their third child in the fall. They said they haven't found out the baby's gender because they want to it to be a surprise.

In Tori & Dean: sTORIbook Weddings, Spelling and McDermott plan nine other couples' nuptials in California in about three months.

In the first episode, they organize a pug-themed wedding for a Jewish couple who have two pug dogs. Adornments at the celebration include tuxedos and yarmulkes for the pugs to walk down the aisle with, and a "pug lounge" with dogs ready for adoption.

"I cried at every single wedding, I'm a total sap," said Spelling, 38.

"You get to know these couples on such an intimate level. Once we start working with them, from the first meeting we have, we're with them, like, every single day, all day long, getting to know them."

Spelling said Oxygen TV network in the U.S. proposed the idea for the series to her and McDermott, knowing that she loves to plan parties, and she couldn't resist.

"I was really excited to do weddings just because Dean and I love love, you know — we love our love story and we wanted to see others find their happy endings, so it was a good marriage," she said.

McDermott said doing the series made him want to run to the altar again with Spelling, with whom he eloped on the Fiji Islands in 2006.

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TV picks

Hollywood weddings

REALITY. Tori Spelling and Dean McDermott are back with yet another reality show premise, and given each of their personal histories, this one's a doozy. Tori & Dean: sTORIbook Weddings has the infamous duo helping couples put on dream weddings. Yes, the celeb pair who ditched spouses in order to be together is doling out marriage advice. (Slice)

It's the end of the world

SCI-FI. The Canadian film Last Night features a bevy of homegrown stars in this account of big-city dwellers scrambling to make the most of their final day on earth. At the stroke of midnight, the world is going to end and terminally shy Patrick Wheeler (Don McKellar) makes a love connection with a beautiful stranger (Sandra Oh). Meanwhile, over-sexed Craig (Callum Keith Rennie) puts the moves on half the girls in town and winds up with his former French teacher. Also stars Sarah Polley, Charmion King, David Cronenberg, Tracy Wright and Arsinee Khanjian. (VisionTV)
THE CANADIAN PRESS

Mental illness doesn't stop Mandel

THE CANADIAN PRESS/BILL GRAVELAND

▶ Howie Mandel

Canadian funnyman Howie Mandel had them rolling in the aisles in Banff this week, even though the subject was really no laughing matter.

The actor, comic and game show host received the award of distinction at a ceremony at the Banff World Media Festival – an annual gathering of TV writers, producers, broadcasters and stars.

"I have mental health issues as it is and as I sit and talk to you I am medicated so the highs and the lows aren't really bothering me. I'm just floating in the middle," acknowledged Mandel, 55, in a question and answer session before a large audience.

"I am tortured but I came to this game pretty tortured," he said, then smiled and asked: "Why are you laughing at me when I said I'm tortured?"

Mandel has both obsessive compulsive disorder (OCD) and attention deficit hyperactivity disorder (ADHD) and has written about both in his autobiography "Here's the Deal: Don't Touch Me."

But Mandel finds it therapeutic to talk about his upbringing in the Toronto area where he says he was always a loner and had no friends.

"I weighed 89 pounds and my voice didn't change and I didn't shave and I looked like a girl. I could stand in the ladies room and brush my hair. That's how I met my wife. Second date she found out I was a guy," he said with his trademark laugh. "I don't want to touch things. I was always nervous and neurotic and afraid."

"I wouldn't tie my shoelaces at school. If mine came undone, I wouldn't pick them up to retie them because the laces were on the floor," Mandel said.

"I'd be angry. I would be anxious and angry and then I'd go home and take a shower until my Mom would say it was dinner time. I would be in the shower for hours and I'd use every towel."

His mental health issues don't appear to have held him back in his career. He did gigs at Yuk Yuk's comedy club and spent six seasons on St. Elsewhere. He also began hosting Deal or No Deal, which was difficult for a man who doesn't want to shake hands for fear of germs.

THE CANADIAN PRESS

It's a baby boy for Natalie Portman

ALL PHOTOS GETTY IMAGES

Natalie Portman

Academy Award winner says she'll be out of public eye for a while

Natalie Portman has given birth to a baby boy, according to People magazine.

The Oscar-winning actress and the baby's father, dancer and choreographer Ben Millepied, met on the set of Black Swan and are engaged to be married. Portman has already confirmed she'll be avoiding the Hollywood spotlight for the time-being. "I'll be out of the public eye after [the baby's born]," Portman told People magazine.

METRO

Denise Richards

Richards: There were some good times

Denise Richards has penned a memoir about her marriage to Charlie Sheen, but "it's not a tell-all," she insists to Radar Online.

"I get into the good stuff about my marriage, because people have only read the rotten stuff. So, you know, there was a beautiful love story between he and I and then it went the way it went."

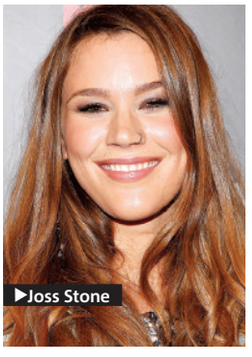
Of course, the beautiful love story didn't have the happiest of endings, which Richards says she'll also address.

"I think a lot of women can relate to that, going through a divorce and custody and being a single parent, trying to work and all that stuff."

The book is due out July 27.

METRO

Arrests over threats to singer Joss Stone


Joss Stone

Joss Stone is likely sleeping more soundly now that police in England have arrested two men who were reportedly planning to rob and murder the soul singer, according to OK! Magazine.

A spokesperson for the Devon and Cornwall Police says officers responded to a call about a "a suspicious-looking vehicle" and arrested the two men, who were carrying swords, rope and a body bag.

METRO

Lopez may not return to Idol

Jennifer Lopez

Despite a successful season as a judge on American Idol, Jennifer Lopez isn't sure if she'll be back next year.

"I don't know. I haven't been forced to make a decision and I'm glad about that because honestly I'm very on the fence about it," she tells BBC Radio.

"I had an amazing time doing it and I love it but I have a lot of other things happening, and it's going to come down to me making a choice of what I want to do for the next year." METRO

Justin Timberlake

Justin likes to mellow out

Justin Timberlake has revealed one of his preferred relaxation techniques: smoking marijuana. "The only thing pot does for me is it gets me to stop thinking," Timberlake tells Playboy. "Sometimes I have a brain that needs to be turned off. Some people are just better high." And after working his way from a teen sensation to a successful grown-up musician and now a film star, the chronic overachiever admits he needs a little help to stop and smell the roses. "I feel I'm just getting to a point in my life where I'm looking around, going, there's a lot to enjoy if I can just sit still, actually stop and take more time," he says. METRO

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A summer of soft, sultry skin

▶ Model Joan Smalls expertly nailing summer skin care rule number 3.

Heat, humidity, air conditioning, car exhaust fumes, and overall pollution don't exactly mix well with lip gloss, bronzer, blush and self-tanner Mary Schook, a facialist and make-up artist in New York, gives advice on how to avoid common summer beauty pitfalls

1

DON'T WEAR MAKE-UP OVER YOUR SUNBLOCK

"The whole point is for the sunscreen to block all of the sun's rays," says Schook, a skincare guru who is the woman beauty editors and models go to for clear, glowing skin. "It should definitely be the last thing you put on your eyes and technically, it should be the last thing to go on your face so that the zinc and titanium can refract the sunlight," she explains. "But use your judgment with the face make-up and if you do wear foundation with built-in sunscreen, be sure to reapply it every two hours."

2

CLEAN YOUR FACE MID-DAY IF YOU HAVE TO

"Too many women reapply their make-up throughout the day when it's honestly better to just wipe all of the make-up and oil off with a little Witch hazel and start over," she says. "The Witch hazel works because it rebalances the ph balance in your skin, which protects and prevents it from getting too oily. If you just pile the make-up on, you'll breakout later."

3

KEEP YOUR HAIR OUT OF YOUR FACE

Those bangs might look great in the salon, but they could potentially wreak havoc on your forehead later. "Hair products with silicone in them can irritate the face and block pores, which is why it's so important not to wear your hair in your face during summer," she explains. "So when the weather heats up, you not only need to think about changing up your skin-care regimen, but your hair care products too."

KENYA HUNT
METRO WORLD NEWS

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3 life

Trend of the week

FANCY HATS

Kate Middleton kept the fancy headpieces coming during a string of royal gatherings last week.

Canadian designer Nada Shepherd suspends operations of NADA label.

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Taking handbags to new heights

6-foot-3 designer L'Wren Scott sizes up her styles

It turns out that tall-drink-of-water L'Wren Scott is self-conscious about being so tall.

Scott, the model-turned-stylist-turned-designer, appeared at the flagship Barneys New York store on Wednesday to launch her handbag collection. As she designed each bag — the weekender, the shoulder bag, the clutch — she kept in mind the size of each piece.

How long are the straps? How wide is the frame? How far does it open? She said it's how she approaches everything. "I am obsessed with proportion, and how proportion is perceived."

Scott stands 6-foot-3, and it feels as if she's been that tall forever, she said. She told a crowd of fashion-centric bloggers in a session moderated by Adam Glassman, creative director of O, The Oprah Magazine, that she was charged the adult price of $1 instead of 75 cents at the small movie theatre in her Utah hometown long before she turned 12, the official turning point.

PETER KRAMER/THE ASSOCIATED PRESS

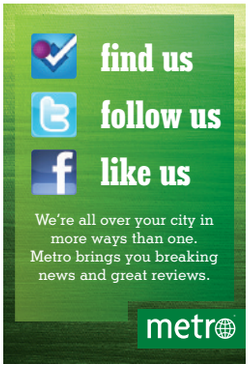
▶ L'Wren Scott and boyfriend Mick Jagger

Height drives her own fashion choices. It's why she doesn't wear poufy, Doris Day styles, opting instead for lean silhouettes, Scott explained, and she thinks most women operate the same way: Once they find a look they like, they stick with it.

The skirts and dresses in her collection usually are often in three lengths — mini, just above the knee and just below. She chose a rose-coloured, pencil-skirt suit with jewelled buttons paired with kitten heels for this appearance.

Her runway show is a top-tier, A-list event, which draws mostly her friends such as Kyra Sedgwick and Ellen Barkin, and boyfriend Mick Jagger. On the red carpet, she has dressed Nicole Kidman, Penelope Cruz and Drew Barrymore, among others.

THE ASSOCIATED PRESS



Who wears short shorts... at work?

THEORY, DAN AND CORINA LECCA/THE ASSOCIATED PRESS

If worn appropriately, shorts can be a trendy replacement for a bland skirt

Is it OK to wear shorts to the office on days with record-setting temperatures?

Designer runways might have you think so. Short suits were a trend in spring-summer womenswear collections. They're also showing up in fall and resort collections.

Seen on models, with their perfect spray tans, long legs and high heels, shorts offer little to quibble with. They appear polished, stylish and appropriate — and that's what everyone should strive for with this look, according to experts.

"Shorts can really replace a skirt — they're actually easier to move in," says Colleen Sherin, senior fashion director at Saks Fifth Avenue. "What's the difference between shorts and a skirt — even if they're the same length? It's that shorts are perceived as casual by nature, something that children wear, something we wear on weekends. That perception is changing."

But pick your ensemble carefully to make sure your look isn't too casual.

How do I know if shorts are OK in my office?

If starched shirts are the norm, then maybe you should save your shorts for the weekend. But if women are walking around in sleeveless dresses or miniskirts, the office culture might be trendy enough for shorts.

Maybe start with shorts on a casual Friday and gauge that reaction before wearing them to a Monday morning presentation, says Mary Alice Stephenson, who styles celebrities, runway collections and magazine photo shoots.

If it's hot enough, the rules might be relaxed!

Sherin likes to see women heading into the office wearing knee-length shorts that are either slim and tapered or wider with a cuff, made of cotton poplin or gabardine. Linen will keep you cool, but may end up rumpled, she warns.

Pair the shorts with a crisp button-down shirt and a cropped blazer, she says. The strappy sandal is a must-do accessory, too, and a chunky platform version in a neutral colour will elongate the appearance of the leg, according to Sherin.

An espadrille is an acceptable alternative.

However, flip-flops really don't ever belong at the office, and the casualness of those items are exaggerated by shorts, Sherin says.

Style commentator Mary Alice Stephenson treats her weekday shorts as if they were dresses, and that can mean pairing them with jewelry and pumps.

With a heel, though, be aware of the length of the shorts. Stephenson advises. "Keep them long. ... Think Bermuda."

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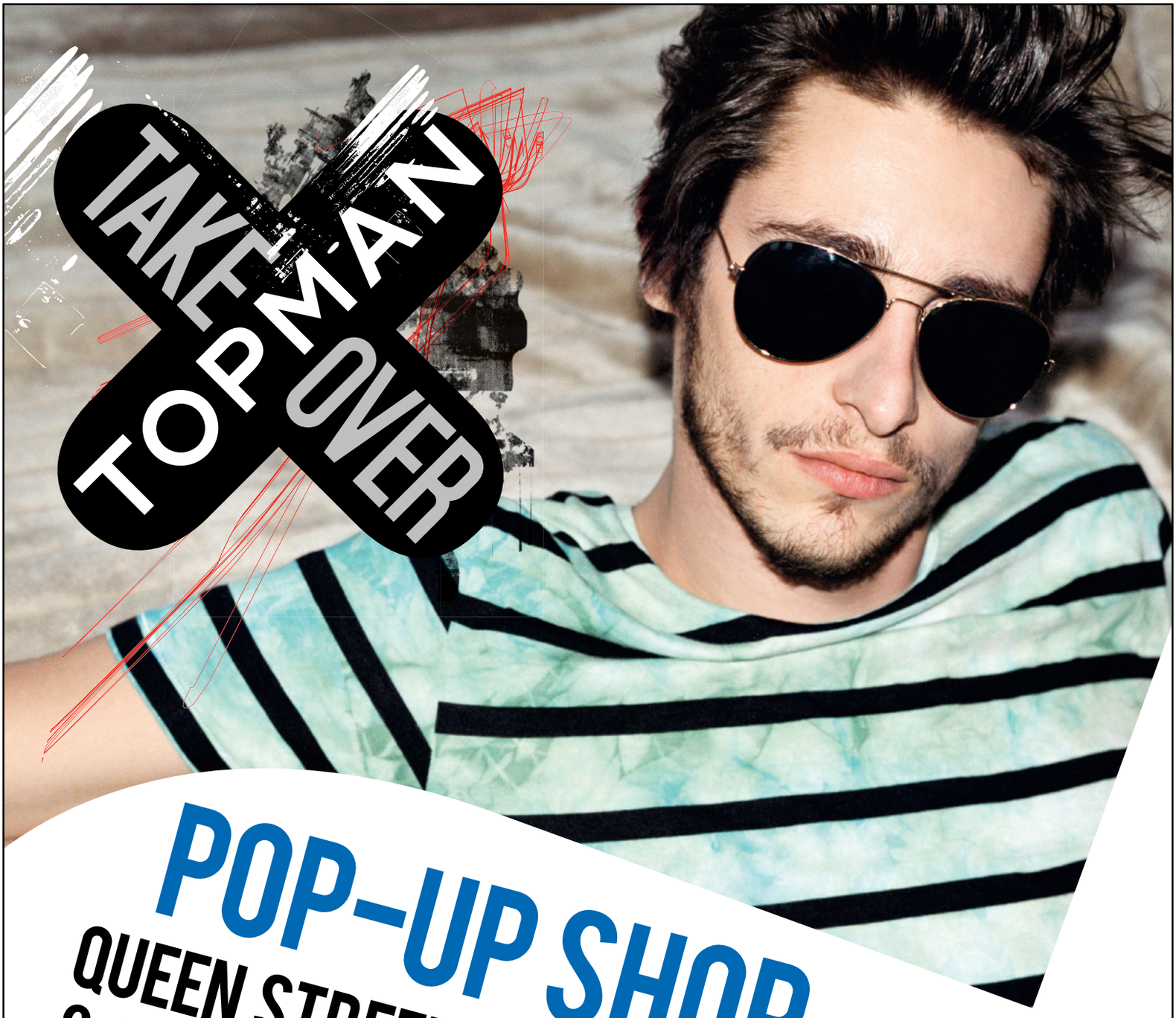

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TOPMAN

Super cool runnings

With so many running shoes on the market, picking the right pair can be a game of Roulette Get to grips with the science behind the soles

RICHARD PECKETT
WWW.METRO.LU
METRO WORLD NEWS IN LONDON

Modern running shoes are now packed with enough research, stats and techy know-how to cater to your foot's every curve and contour. Here are some of the slickest shoes on the market.

Nike LunarGlide +3
$100, nikestore.com (available July 1)
LunarGlide sounds pretty damn space-agey and the technology behind the shoe is pretty out there too. Its Dynamic Support system, marries super-soft Lunarion core foam and firmer carrier foam to give you the feel of running on air.

Asics GT2160
$100, asics.com
This is the perfect option for over-pronators (when the foot rolls inward to an excessive degree), thanks to the built-in guidance lines – think of them as pathfinders for your feet.

adiSTAR Salvation
$140, adidas.com
Are you one for burning some serious rubber? If so, try out the Continental rubber tread on the Adidas Salvation. Yes, they're the makers of heavy-duty, car tyres, so they should know a thing or two about stopping a wet weather foot spin.

adiSTAR Salvation

Nike LunarGlide

Asics GT2160

Shoe savvy

To find out what was behind all the footwear techno babble, I visited the team over at ASICS to have my feet put through their paces.

First up: the foot scan to discover the ins and outs of your tootsies like foot length, arch height and heel angle. Yes, that means exposing your bare feet but no one's judging – my feet are the type you'd see on a 'before treatment' poster at the chiropodist. Following the scan, you'll be slipped into the first test shoe and put to work for 30 seconds on the treadmill for a gait analysis. From here, the expert analyses your level of pronation (the foot's natural roll).

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One shoe, two shoe, brown shoe?

Lock away those squeaky, black wingtips Brown shoes are the fad

A trendier, more casual brown shoe might be becoming the standard in men's footwear, as men – even those wearing suits – look to replace their black wingtips.

The shift is being fuelled by changes in fashion, the economy and lifestyle, says Paul Grangaard, CEO of Allen Edmonds. Men, most of whom are not serial shoppers, put a high priority on function, he says, so if a shoe can be worn with both grey flannel trousers and jeans, that's the one they want. (And, yes, it is OK to wear brown with grey and even with black, say the experts.)

Shoe designer Alejandro Ingelmo says he wears the same brown lace-up brogues with their perforated decoration almost every day, switching up into sneakers for running and a dress-casual boot for winter and weekends. He's experimenting with lighter sand shades for men, and he'd also like to see a shift from the very square toe to a rounder shape.

It took years, though, for the collective eye to transition from black to brown, so any other changes might take some time to catch on.

"With a lot of men, probably most men, when they hear about a trend change, they get nervous," says David Lawrence, director of merchandise for the national retailer Men's Wearhouse.

"They need to see something an awful lot before they feel that they want to wear it. Most men don't want to feel like they are on the cutting edge."

Brown has probably been in their closets for years, it just wasn't the go-to colour, but it's not jarring, Lawrence says. It is an earth tone, after all.

THE ASSOCIATED PRESS

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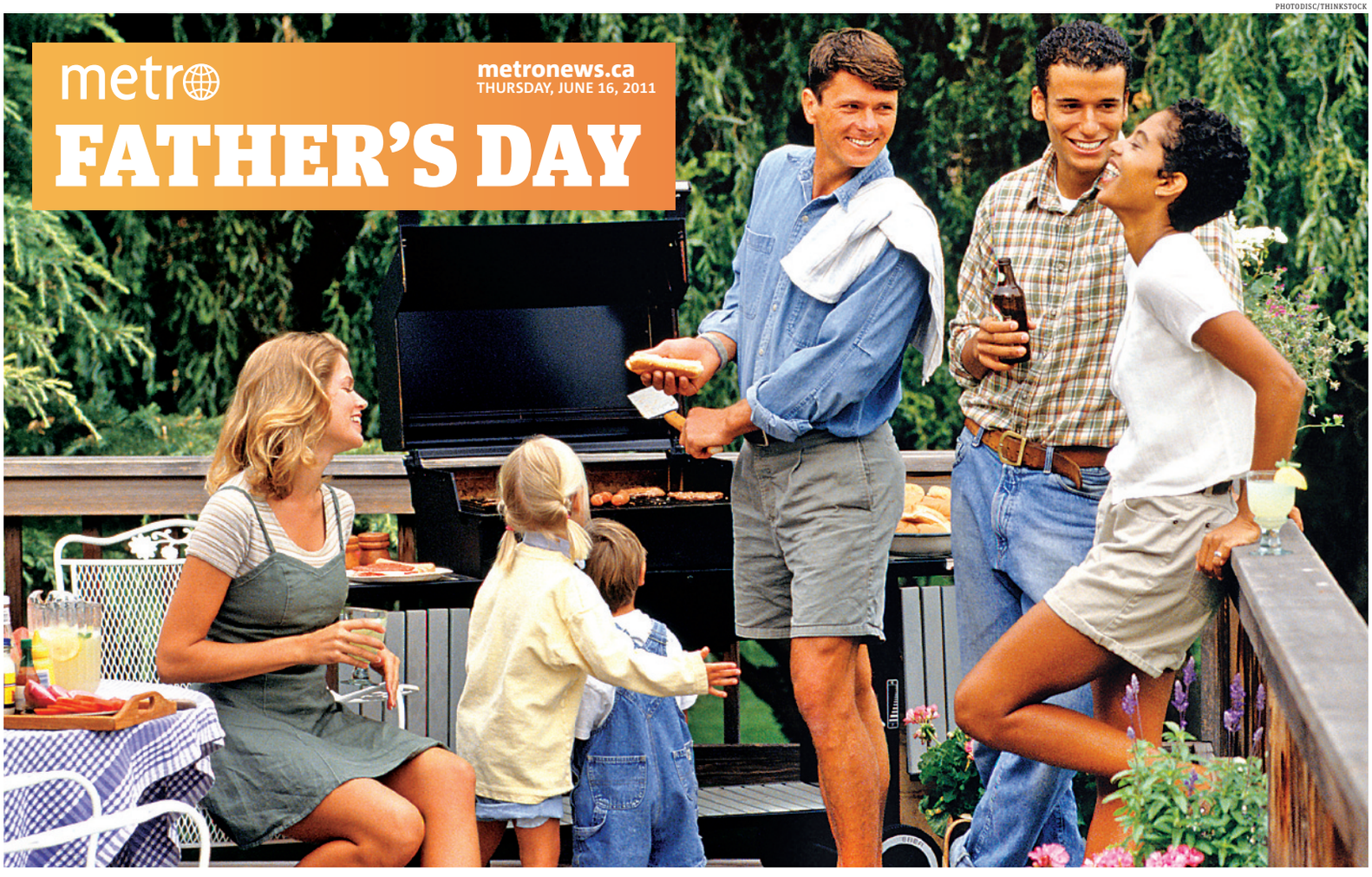

Grill up a storm for the master of your house

Whether he's in the mood to feast like a king or grill like a master, Metro has some great recipes for happy bellies

JON TATTRIE
FOR METRO

Nothing says Happy Father's Day like a barbecue, so Metro consulted one of Canada's leading grillers about how to cook the perfect meat for your man this Sunday.

Ted Reader is the sultan of sizzle, the gourmet of the grill and the man GQ magazine dubbed the Crazy Canuck Barbecue Kingpin. A new father himself, he'll be breaking out one of his 100 barbecues to cook up a meal for his family, including his father-in-law.

And that's his first piece of advice: let your man loose. "Dad may just want to grill his own, so help dad create that menu for father's day," he says. "We know dad's going to want be master of his grill."

Helpers can hit the shops for meat and potatoes, and to mix up a big salad. Reader is cooking a 75-day dry-aged tomahawk rib chop. "I'm the one that's grilling that, because I want my steak my way," he says.

If your father would prefer to be fed, Reader has advice for greenhorn grillers. It is a family day, so invite your loved ones, keep the menu simple and fun and supply lots of cold drinks.

Go for something like burgers or chicken. For burgers, make them fresh and keep them in the fridge for an hour after you assemble them so they firm up. Heat up the barbecue and grill them lid-open, medium heat. "Nice and easy does it. Don't push them, don't squish them," Reader advises.

Two of his recommended recipes are his Better Butter Burger and the Beerlicious Beer Butt Chicken, both available at tedreader.com.

Any time you feel the urge to poke it or cut it open to peek inside, stop and instead take a long drink of your beer or chocolate milk. "Patience is everything," he says. "The less you do, the better it is."

Top them as dad loves — for Reader, that means peanut butter, Miracle Whip, onions and a side of stinky cheese. Father's Day is not a time to be judgmental.

As soon as you're done, clean that grill. Grease comes off much easier when it's hot and your father won't relax if he knows it's solidifying for him to scrape off next time he's cooking.

Beerlicious Beer Butt Chicken

TEDREADER.COM

▶ Let beer work some magic on the barbie.

Ingredients:

- 1 chicken (3 to 4 lbs)
- ¼ cup BBQ dust seasoning
- 1 can of dad's choice beer
- 1 beer can chicken holder
- 2 aluminum foil pie plates
- 2 aluminum foil pie plates
- 1 cup BBQ beerlicious sauce

Preparation

1. Preheat the grill to medium/high (450 F/230 C).
2. Wash the chicken inside and out with cold water and pat dry.
3. Rub the chickens inside and out with the dust seasoning, massaging well and pushing some under the skin directly onto the meat.
4. Open the can of beer and either take a big sip or pour off a couple of ounces to leave room for the roasting juices.
5. Place the can of beer in a beer can chicken holder on a doubled pie plate or similar pan. Place the chicken cavity down over the can so that the can protrudes far enough into the cavity to stand the bird upright and hold it firmly.
6. Place the chicken set-up on the grill. Close the lid and roast for 20 minutes a pound (about 60 to 80 minutes).
7. Baste liberally with beerlicious sauce. Chicken is fully cooked when a thermometer inserted into the thigh registers 170 F.
8. Remove the chicken from the beer can very carefully with tongs and a large fork. It will be very hot and there will be steam. Move to a platter and cover loosely with foil. Let rest for 10 minutes.
9. Carve the chicken and drizzle pan juices over it. Serve with extra beerlicious sauce. Serves 4.

RECIPE COURTESY OF TED READER

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At a loss for what to

Check out Metro's suggestions for how to tailor-make his day

ASTRID VAN DEN BROEK
CALGARY@METRONEWS.CA

Looking for something extra special to do with dad for Father's Day?

If so, how can you decide what to do?

"Think about the kind of father you're celebrating," suggests Ann Douglas, author of The Mother of All books series.

"Is he the kind of guy who would want a big get-together with all generations of his family gathered around the dining room table? Or would he prefer sharing a meal at a busy restaurant? Or would he like a quieter kind of day?"

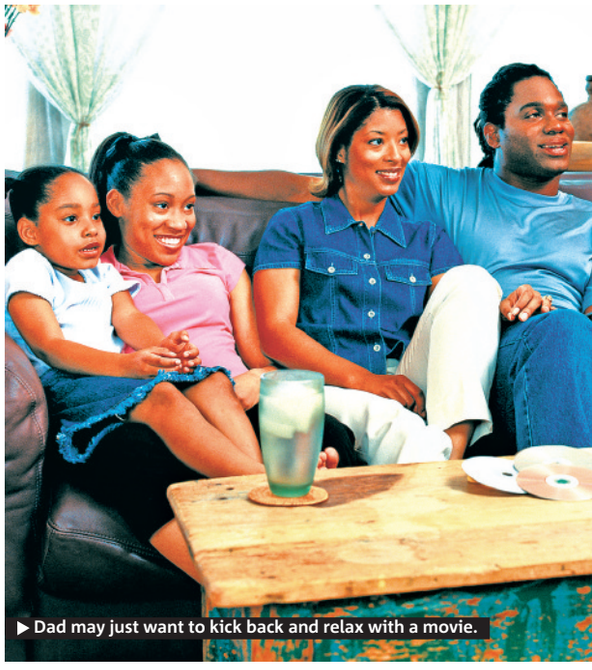
If you're looking for some fresh ideas, here are Metro's list of 10 unique ways to celebrate dad this year.

10 ways to make his day:

1 **Call on his inner Julia Child.** Instead of taking him out for brunch or dinner, why not try cooking a special meal with your favourite foodie at home? Either dad can sit back and relax, or you shop and cook up a special penne a la vodka together.

2 **Make a picnic ...** of all his favourite foods to surprise him with. Then, take the kids for a walk while dad snoozes off the fried chicken.

3 **Watch a movie.** A big bucket of popcorn, a large drink and a



▶ Dad may just want to kick back and relax with a movie.

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summer blockbuster can bring a smile to your dad's face.

4 **Get him a massage.** Aren't most dads' backs sore from all the kid-carrying? Send him to the spa for an hour-long massage to ease his muscles.

5 **Give the gift of time.** Hand him a six pack of his favourite microbrew, an Adirondack or easy chair to sit in and a book or TV remote. (Depending on what he prefers to do!) Then, make yourself and the kids scarce.

6 **Present a plan.** How about a day of golfing you've arranged for him and his friends, a day of fishing or lunch and afternoon tickets to the baseball game?

7 **Take him out.** Does dad like to take in events? Look into local festivals, car shows, rib fests or quieter options such as museums and galleries to find one that suits his taste.

8 **Find his running shoes.** Is dad a newbie runner? If so, pull on your runners and head out with him for a lovely spring run.

9 **Get dad out to nature.** Nature can be calming so if your dad loves all things green, plan a hike together along a new-to-him trail.

10 **Sleep, sleep, sleep.** Not only do you let dad sleep in, but you also clear the kids and yourself out so he can zonk on the couch in the afternoon.

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Henckels Twin Professional S SALE $105.99
9 Piece Set Reg: $430.00 Includes: Peeling Knife, Veg. Knife, Boning Knife, Utility Knife, Chef's Knife, Bread Knife, Twin Shears, Sharpening Steel, Knife Block
The Essential knife for the Dad who loves to cook! 7" Santoku Chefs Knife Reg: $162
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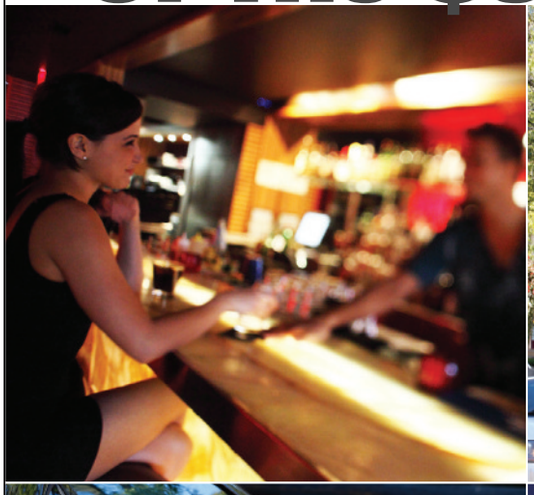

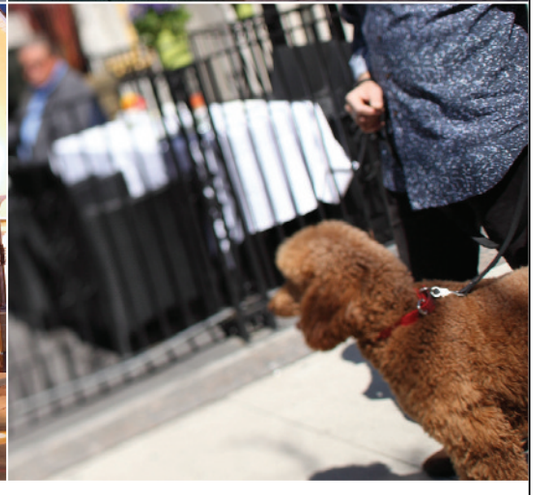

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Downtown meets uptown

The project overview

This sustainable green development is the newest 16-storey tower at Tridel's Avonshire condominium community.

Aristo 2 will showcase many of the most popular suite designs featured in Aristo 1, in addition to some never-seen-before suite layouts.

DUNCAN MCALLISTER

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Meet the condo

- **WHAT:** Aristo 2 at Avonshire
- **BUILDER:** Tridel
- **LOCATION:** Yonge and Hwy. 401
- **WEBSITE:** www.tridel.com
- **PHONE:** 416-730-0300
- **SIZES:** From 539 to 1,067 sq. ft.
- **PRICING:** From $287,000 to $688,000

CONTRIBUTED

▶ Aristo is an energy efficient and environmentally friendly Tridel condominium.

Location and transit

Overlooking the central Avonshire Park, Aristo 2 is conveniently located near Hwy. 401 and the Don Valley Parkway and offers a complimentary rush-hour shuttle bus to the Yonge and Sheppard subway, which gets you into the downtown core in less than 30 minutes.

In the neighbourhood

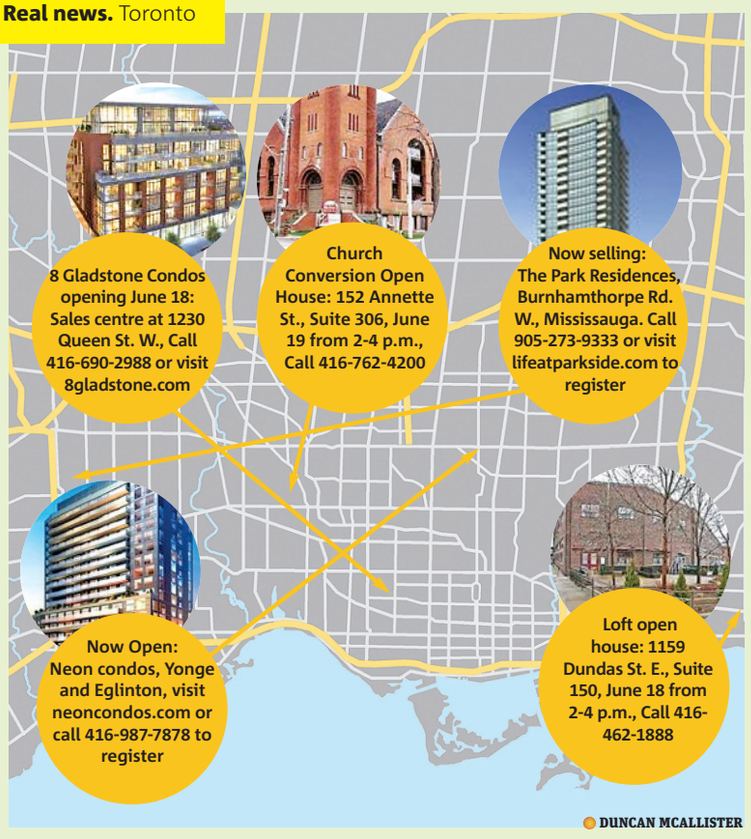
In close proximity to the shops, restaurants and entertainment venues of vibrant downtown North York, residents may enjoy local cinemas, theatre, libraries, cafés and bars, as well as several nearby golf courses.

Building amenities

A myriad of entertaining possibilities exist with a dining room and bar, billiards tables, and two chic party lounges, including direct access to the outdoor terrace lounge.

The urban spa and fitness centre has the latest in cardiovascular and strength-training equipment. Condo fees are $0.58 per sq. ft.

Real news. Toronto



DUNCAN MCALLISTER

KEEPING UP WITH THE TECHNOLOGY

ROOFTOP SURFING

STEPHEN DUPUIS
HOME
@METRONEWS.CA

It can be tough to keep up with the rapid pace of technology sometimes, but the residential construction industry is not going to be left behind — especially when it comes to giving you information about the latest development projects in your city.

By now, you've probably seen a QR code — a Quick Response code. There's probably a few in this very newspaper.

They are square barcodes that can be scanned by a smartphone such as a BlackBerry or iPhone, and the code tells your phone which website to load.

Instantly, you are viewing a website and in the case of our industry, a ton of project information.

For the high-rise sector of the industry, these QR codes allow potential purchasers the chance to take virtual tours of condominium foyers, individual units and even see the view from a floor that hasn't even been built yet.

For the low-rise sector, a QR code that is placed, say with a newspaper advertisement for model homes, can provide potential purchasers with more information about the builder and their other projects nearby.

There's even an emerging marketing use for the bar codes in the existing stock of homes around the GTA and I'll bet you're going see more and more realtors using them on For Sale signs so that people strolling by can take an open-house-like tour on their own time.

There is buzz out there that these new barcodes are just another trend and that marketers will move onto the next thing soon enough.

Well, I say whether it's a passing fad, or here to stay, these QR codes are a great tool that gets information about the development industry and all of the latest projects into the palm of your hand.

STEPHEN DUPUIS IS PRESIDENT AND CEO OF THE BUILDING INDUSTRY AND LAND DEVELOPMENT ASSOCIATION (BILD) AND CAN BE FOUND ON TWITTER (TWITTER.COM/BILDGTA), FACEBOOK (FACEBOOK.COM/BILDGTA), AND BILD'S OFFICIAL ONLINE BLOG (BILDBLOGS.CA).

From church to cosy sanctuary

Conversions can make for a unique and classical home for condo buyers
Think period lighting fixtures, restored stained glass, vaulted ceilings and limestone and brick masonry

DUNCAN MCALLISTER
LIFE@METRONEWS.CA

Church lofts and condo conversions are a growing trend in Toronto real estate. These venerable residential structures seem to be cropping up across the city.

The Church Lofts at Dovercourt south of Bloor, are a fine example of a classic, neo-gothic conversion of a century-old church into 28 loft units.

The Abbey Lofts, a 24-unit project in High Park, by developer Abbey Inc., who undertook a careful and lengthy process in order to preserve the heritage features of this historic 1910 Pentecostal church.

The Glebe Lofts at 66 Pape Ave. is a former 1912 Presbyterian church.

This Riverdale conversion by Bob Mitchell features an open-concept design and reveals the original church structural trusses.

Bellefair Kew Beach Residences

One of the more noteworthy conversions underway is the Bellefair Kew Beach Residences in Toronto's Beaches district.

The new development by Reserve Properties is the site of the former Bellefair United Church.

It will feature 23 condo units with six townhomes and a retail façade along Queen Street that is certain to enhance the eclectic style of this distinctive neighbourhood.

Father and son team

Shelley and Shane Fenton have enlisted the resources of heritage architect Christopher Borgal, and lead architect Roland Rom Colthoff of RAW Design, to transform the 20th century, late gothic-styled building into a contemporary design that conforms to the Beaches' unique urban character.

Why are so many churches up for sale in Toronto? "Some of the population in the congregations are dwindling, and as a result of that, many of these organizations are looking to be more efficient." explains Reserve president Shelley Fenton.

"With these organizations, there's a strong heart in them all and it's people-related, but they're also fiscally responsible."

History lost

In some cases, the church buildings don't survive, as with Willoughby Baptist on Indian Road, which was demolished to make way for four townhomes.

In the case of the Bellefair church, it was not listed or designated under the Ontario Heritage Act and the Fentons recognized the importance of this building to the community.

'Religious and emotional connections'

Says Shane Fenton, vice-president of Reserve, "It was always our intention to try and do what we could to maintain a significant portion of the façade and incorporate that into the overall development so the community still felt that they would still be able to have that tie and attachment to the place where people were married and baptized, and had those religious and emotional connections to that building."

"Other developers that looked at this site, they were looking at possibly just levelling it and creating a new building."

SHELLEY FENTON, ON THE IMPORTANCE OF KEEPING THE CHURCH BUILDING IN THE COMMUNITY

CONTRIBUTED

▶ Time honoured mingles with modern urbanity at the Bellefair Kew Beach Residences in Toronto's Beaches district.

CONTRIBUTED

▶ Pulsing rhythms juxtapose against peaceful interludes. These unique homes are situated at Bellefair Avenue and Queen Street East, directly across for Kew Gardens.

Holy spaces

Why are so many churches up for sale in Toronto?

- **Religious leaders** are dealing with the financial burden of their older buildings, coupled with a declining membership and lack of financial support from an increasingly secular community.
- **Many congregations** are combining parishes and selling off church properties in order to survive.

LIABILITY INSURANCE IS LIKELY A GOOD CALL

LEGAL MATTERS

JEFFREY COWAN
HOME
@METRONEWS.CA

Q. We are purchasing a new condo and have been informed that our interim occupancy date is coming up next month.

Our lawyer has informed us that one of the conditions of taking interim occupancy is that we must carry two million dollar liability insurance for our unit.

Presently, we live in an apartment and only have contents insurance because the building is separately insured for fire and liability.

Why do we have to bear the cost of this insurance and how can the developer make this mandatory?

A: While you are in possession of your condo during interim occupancy, you do not own the property.

In fact, the developer still owns the whole building and while they have insurance if the building were to burn down and if someone slips and falls while in a common element, they have no control over what happens in the individual unit.

So, say a guest of yours slips in your shower and injures themselves. The harmed individual would have a potential cause of action against the owner of the unit: the developer.

This is why the builder insists on proof of liability insurance for the premises.

Once you own the condo, it is your choice if you wish to continue with this insurance but from a risk perspective, you would be leaving yourself wide open for a nice big lawsuit with no protection.

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Choosing a couch colour

Be on trend but play it neutral when choosing a sofa **Consider your lifestyle and the room it lives in**

DESIGN CENTRE

KARL LOHNES
HOME@METRONEWS.CA

Q: Hi Karl, I have an open concept living room and dining room space. My floors are dark brown and the walls are a medium grey tone. I wanted to know what colours I should consider when buying the living room couch and chairs. Any recommendations?

-Michael, Etobicoke, Ont.

COURTESY: URBAN BARN

▶ A mid-century styled sofa with low back and modern tufting adds a sophisticated look for a great price. Cedric Sofa, $999, Urban Barn.

COURTESY: CRATE AND BARREL

▶ An open-backed wooden chair will allow a smaller space feel visually more open. Ankara Chair, $799, Crate and Barrel.

COURTESY: WEST ELM

▶ Unique shapes add personality to a room with accent furnishings. Aluminum Wood Side Table, $199, West Elm.

Invest in quality

A: The first thing to choose is the largest piece of furniture, which is the sofa.

It's also the largest investment so make sure you shop around and choose the best quality that you can afford.

Your sofa should last you at least five to 10 years so the style, fabric and quality should be the best you can afford.

Think lifestyle

Choose a style of sofa that suits your lifestyle and the space you are putting it in.

Will you be watching television on this sofa? If so, you will want a sofa with deep seats and soft, comfortable cushions.

If you are using your living room for cocktail entertaining, then a firmer seat cushion and well supported back will be important.

Don't be afraid to mix it up

Usually, in an open concept space you want to use a variety of furniture heights; if all the chairs and sofa are the same height it will add a boring look to the living area.

I suggest a lower back sofa and two taller-backed chairs in the living area.

Size matters

Consider the right sized sofa for the room.

Here's the rule of thumb: the sofa's length should be 2/3 of the room's width.

For instance, if the room is 10-feet wide, then a sofa 65 to 75 inches long will fit most comfortably.

Chairs that blend with the sofa's style (square-ish arm styles, deep seating, quality and construction) but do not match will work best.

This will help give the room an eclectic look instead of a matchy set that you pulled from a department store window.

Furniture advice

I suggest keeping the styles of furniture modern/retro as it is a look in contemporary furnishings that will be around for a while.

It also gives you the opportunity to add some authentic mid century modern cabinets or tables to the room (easily and inexpensively found on Craigslist and Kijiji which are free buy/sell websites).

Got a decor question for Karl? Each month Karl will answer a decor question in his Design Centre column. Email your question (keep it to one specific question please) along with a digital picture, your name and hometown to home@metronews.ca. Karl regrettably cannot respond to all questions emailed.

Karl's tips

- **Styles** Keep overall styles clean lined and modern.
- **Tones** Match fabric and wood tones to what is already in the room; browns and greys which are both great neutrals.
- **Accessorize** Add colours to the room through art, area rugs and pillows.
- **Complement** Dark purple tones would be on trend and complement the deep brown and grey colours.

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If these walls could Talk

Inexpensive and easy to install, decals are popping up on walls in every room of the house But do decals pass the style test? We investigate

Wall decals have quickly become the fast food of home decorating. Inexpensive and easy to install, these peel-and-stick pieces of vinyl are popping up on walls in every room of the house.

From pithy sayings and motivational phrases to bold graphics and even wall-size murals, decals come in every shape and size.

The convenience is obvious: They add a dash of colour and graphic punch with practically no commitment.

"For the right person, and it's usually a young person, I have no problem with any of this. I think it's decorative, it's whimsical, it's kitsch."
BETSY BURNHAM OF LOS ANGELES' BURNHAM DESIGN

Bored with one? Peel it off and move it elsewhere. Or, assuming it cost you only a few dollars, throw it away when you're ready for something new.

But do decals pass the style test?

"Those old-fashioned, 'Home Is Where the Heart Is' kind of sayings in that script, I think those are a little cheesy," says designer and TV host Sabrina Soto, a guest designer on HGTV's new series HGTV'd.

But Soto, Betsy Burnham of Los Angeles' Burnham Design and Brian Patrick Flynn of decordemon.com all agree there are ways decals can work well — especially if they're used with a dose of irony and humour.

In traditionally decorated homes, decals can look tacky.

But in homes already decorated with a modern sensibility, decals definitely have their place.

SMALL SPACES

In a spare room or an awkward space that's hard to decorate, try a single, graphic image decal.

"It gives depth to a room and gives some interest to the architecture," Burnham says.

Many retailers offer black silhouettes depicting things like lamps or chandeliers that add interest to an otherwise blank wall.

In small bedrooms, a headboard decal is "a great way to have fun without taking up any space," Soto says. You can also find decals depicting chairs or other furniture.

"Having one object like that is kind of cool, especially if you have a space in a room that you just don't know what to do with," Soto explains. "It's kind of the same thing as wallpapering an accent wall. This is just a lot easier."

Creative spaces

Flynn likes the whimsy of decals in spaces where someone wants to think creatively.

- They're perfect, he says, for a space "where an interior designer might be doing their design plans, or artists might be doing their paintings or a graphic designer might be putting together their stuff."
- "You can add graphic pattern and shape, breaking up otherwise just really boring painted walls," he says

COOL KIDS' ROOMS

If you avoid the licensed-character decals depicting popular cartoon characters, you can actually bring some style and sophistication to kids' rooms with decals.

Try oversize images of the outdoors (Target.com offers a wall-size close-up of a patch of bamboo) or letters and words (but not those excessively heart-warming ones).

To evoke cartoons without putting actual cartoon characters on the walls, Scribbleoneverything.com offers words like Bam, Pow and Kaboom!!! in decal form.

DORMS AND FIRST APARTMENTS

Decals are "excellent for dorms because they're trendy in spaces where you can't actually paint anyway," Flynn says.

With little expense, young adults can get creative with images and colours. Their options for indulging in irony and sarcasm are endless (those customizable thought bubbles, above, are just one example). And it's simple to move designs around the space as often as you wish.
THE ASSOCIATED PRESS

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Easy-stick fun: The Little Boutique wall decal of a tree (released by Toys "R" Us)

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Flowers meet floor plans at one of a kind event

The National Home Show and Canada Blooms will be held under one roof, creating what's being billed as the single largest home and garden event in North America.

Marketplace Events, which organizes the National Home Show, and the board of directors for Canada Blooms, announced Monday they have signed an agreement beginning in 2012 where the events will take place side by side.

"Putting these events side by side creates a situation where the whole is greater than the sum of its parts."
CANADA BLOOMS GENERAL MANAGER GERRY GINSBERG

The agreement to co-locate the two events is not a merger, and Marketplace Events is not purchasing Canada Blooms, according to a release.

"The idea for co-locating the events is a natural extension of our audience interests," Marketplace Events CEO Tom Baugh said in a release.

"Guests attending The National Home Show love the event but consistently tell us they want to see bigger and better gardens and floral displays."
THE CANADIAN PRESS

Home and garden

Both shows will run for 10 days, from March 16 to March 25, 2012, at the Direct Energy Centre in Toronto.

- **The National Home Show** is Canada's largest and longest-running consumer show.
- **Canada Blooms** is the country's largest flower and garden festival.

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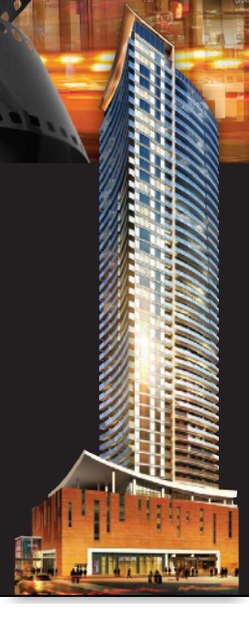

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Cool finds that will rock Father's Day

Face it, dad doesn't need another tie or coffee mug Here are some hip suggestions dad is sure to appreciate

ALL PHOTOS AP

▶ AC/DC music skin for iPad.

▶ Kiss music skin for iPhone.

BUGHOUSE/ THE ASSOCIATED PRESS

▶ FutureFossil 35mm concrete camera.

Pipe and slippers? Today's dad is more likely to be trail biking with the kids, downloading apps or jamming with his weekend band.

So this Father's Day, consider a gift that honours his creative, fun-loving and adventurous spirit.

Cloud 9 Living is an experience gift company. It'll organize an adrenaline-pumping adventure, from bungee jumping in Azusa, Calif.; caving in Marengo, Ind.; bike tours in Chicago; and bull riding in Denver or Houston. There are tamer pursuits too, such as golf or archery lessons and food, wine and brew tours.

Meanwhile, Gelaskins has covers for the art lover's iPad, including artist Philip Straub's lush landscapes and architecture images, and former Marvel Comics artist Frank Miller's art from Sin City and 300.

For baseball fans, Uncommon Goods has limited-edition pens crafted of wood from the old stadium seats of 15 famous ballparks, such as Comiskey Park and Wrigley Field.

Film buffs will love the Future Fossil concrete casts of 35mm and 16mm cameras, at HenryRoad.

For music aficionados, Los Angeles studio Bughouse has designed photo-printed vinyl-album stack shelves as wall art. They're grouped by genre, so you can buy a panel of great rock or jazz albums.

If dad's all about his MP3 player, check out iFrogz's customizable headphones and ear buds. Choose colours and finishes for a personal edge.

At MusicSkins, find art for most handheld electronic devices from TV series such as The Wire, and musicians such as John Lennon, Miles Davis, Johnny Cash and The Who. Or you can customize your own skin — maybe with dad's garage band logo.

THE ASSOCIATED PRESS

Gifts for home

This Father's Day, help dad spruce up his personal space with these ideal gifts.

- **Wall of Sound collection album wall art ($98 and up)**
  bughouse.com
- **Future Fossil 35mm camera cast ($85)**
  henryroad.com
- **Heaphones ($17.49)**
  ifrogz.com
- **Music-oriented graphic art for electronic devices (Prices vary)**
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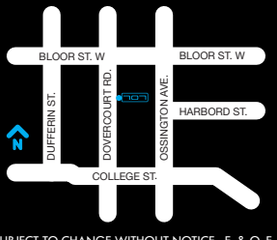

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Picturesque picket fences

A picket fence adds instant charm to entranceways and showcases landscapes while providing privacy

DIY IDEAS

Follow the steps below to give your picket fence some DIY TLC. Nicole Curtis hosts Rehab Addict (airing Wednesdays at 10 p.m. ET on DIY Network Canada), returning run-down historic houses to their former glory.

Spruce it up

You should power wash a picket fence every year, and paint or stain it every other year. Use a hose or pressure washer to wash it. Then fill a bucket with soap and water and wash each picket to eliminate grime and dirt. If you are re-painting, use gloves, a safety mask and glasses to remove old paint with sandpaper, paint remover and a putty knife. Rinse the fence again with a hose or washer. Let the fence dry, then paint according to the manufacturer's directions in the appropriate weather (ensure rain is not forecasted or humidity too high for the paint to dry).

Replacing pickets

Replacing pickets is a simple task for fences that have fallen into disrepair. Remove the old picket by hammering in the opposite direction of the nails, using a crow bar to finish. If you don't have a premade picket on hand, simply place the old one on a piece of wood that is the same thickness and width to trace the outline, and then cut the new picket with an electric jigsaw. Attach the new picket by hammering two galvanized nails into each rail. Finish by staining or painting to match the rest of the fence.

Other tips

To keep your fence in top shape, avoid soil build-up around the bottom by raking it regularly. This prevents wood from rotting and water damage. Watch for loose nails in your fence; they are a safety concern for kids and animals. If one is found, simply hammer it back in or remove and replace it.

REHAB ADDICT AIRS WEDNESDAYS AT 10 P.M. ET ON DIY NETWORK CANADA

ISTOCK IMAGES

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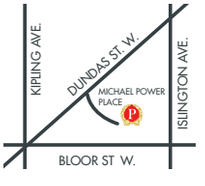

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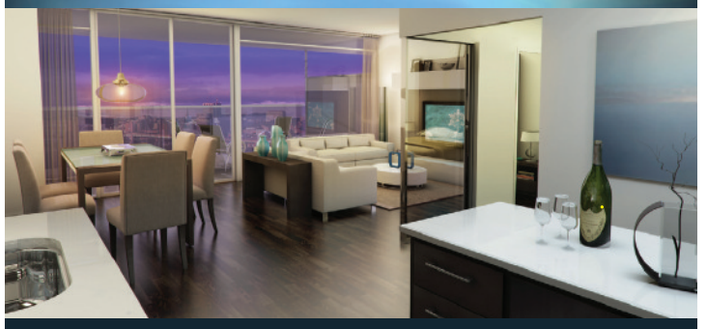

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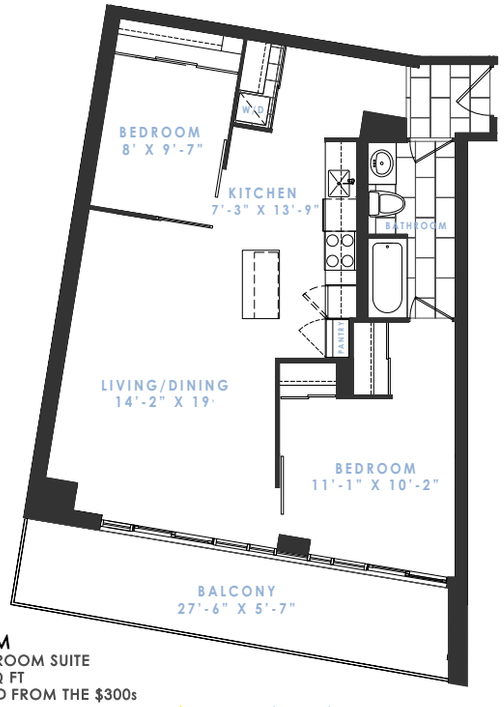

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LEE REICH/THE ASSOCIATED PRESS

▶ Looks can be deceiving — as one gardener found out with garlic mustard.

Beware garden interlopers with nice names

- **One woman's unhappy affair with garlic mustard**
- **It spreads like wildfire but is easy to weed out**

Like most drawn-out affairs, this one ended with rancour.

A friend had introduced me to garlic mustard, our meeting coming at a time when I could look fondly upon any wild edible plant. That was many years ago, yet for the past couple of years tensions between us have escalated.

In retrospect, I can't really understand the attraction I had for garlic mustard. True, the name was appealing: You would think that any plant combining the flavours of garlic and mustard would have elicited affection that would linger, even grow, over the years.

Yet I can now look back with a clear mind and remember finding the taste ho-hum at best, biting at worst.

Beauty could not have held the relationship together either. Again, garlic mustard's appearance is ho-hum at best, ugly at worst. Picture a plant that in its first year grows a whorl of heart-shaped leaves.

These leaves have teeth at their edges, and their slightly bluish cast further contributes to an ominous undercurrent. In the plant's second year, four-petalled white flowers open atop stalks rising from the centres of the whorls.

Surprisingly, garlic mustard comes from a good family. It's not the garlic family but the mustard family, which might also be called the cabbage family. This accounts for the leaves' bluish cast.

Garlic mustard's kin includes such delectable edibles as cabbage, kale, bok choy and cauliflower, as well as such beauties as alyssum, armeria, lunaria and dame's rocket.

Still, biting flavour and homely appearance are not what have turned me sour toward garlic mustard. What has done so is its persistence in trying to insinuate itself into my life. It's now just about everywhere, gallivanting around in nearly everyone's yard. There is just too much of it.

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A cheesy take on steak strips

NEWS CANADA

▶ Combining tomatoes and crumbled blue cheese offers a new take on steak.

▶ A tomato and blue cheese vinaigrette gives this meat dish a unique flavour ▶ Recipe is speedy to make

Preparation:

1. Prepare the grill for direct cooking over high heat (450° to 550°F).
2. Lightly brush the steaks on both sides with oil and season evenly with salt and pepper. Allow the steaks to stand at room temperature for 15 to 30 minutes before grilling.
3. In a medium bowl whisk the shallot, vinegar, mustard, ¼ teaspoon salt, and ¼ teaspoon pepper. Slowly whisk in 2 tablespoons of oil, forming a smooth vinaigrette. Add the tomatoes and basil. Mix well.
4. Brush the cooking grates clean. Grill the steaks over direct high heat, with the lid closed as much as possible, until cooked to your desired doneness, 6 to 8 minutes for medium rare, turning once or twice (if flare–ups occur, move the steaks temporarily over indirect heat). Remove from the grill and let rest for 3 to 5 minutes. Add the cheese to the vinaigrette. Mix gently. Serve the steaks warm with the vinaigrette spooned over the top.

NEWS CANADA/ WEBER-STEPHEN PRODUCTS LLC. RECIPE FROM WEBER'S TIME TO GRILL BY JAMIE PURVIANCE

Ingredients:

Steaks

- 4 New York strip steaks, each 10 to 12 ounces and about 1 inch thick, trimmed of excess fat
- Extra–virgin olive oil
- Kosher salt
- Freshly ground black pepper

Vinaigrette

- 1 tablespoon minced shallot
- 2 teaspoons red wine vinegar
- 1 teaspoon Dijon mustard
- 2 cups (about 20) cherry tomatoes, each cut into quarters
- 1/4 cup finely chopped fresh basil leaves
- 2 ounces crumbled Gorgonzola cheese (½ cup)

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			☐	☐	Males pay more than females for car insurance

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For more information go to **www.InsuranceHotline.com/myths**

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  - **Adult Metropass $121**
  - **Senior/Student Metropass $99**
- The TTC will not debit customers' bank accounts for pre-authorized MDP payments in July.
- The TTC will deposit $10 into customers' accounts for each Metropass normally received under the MDP Program.

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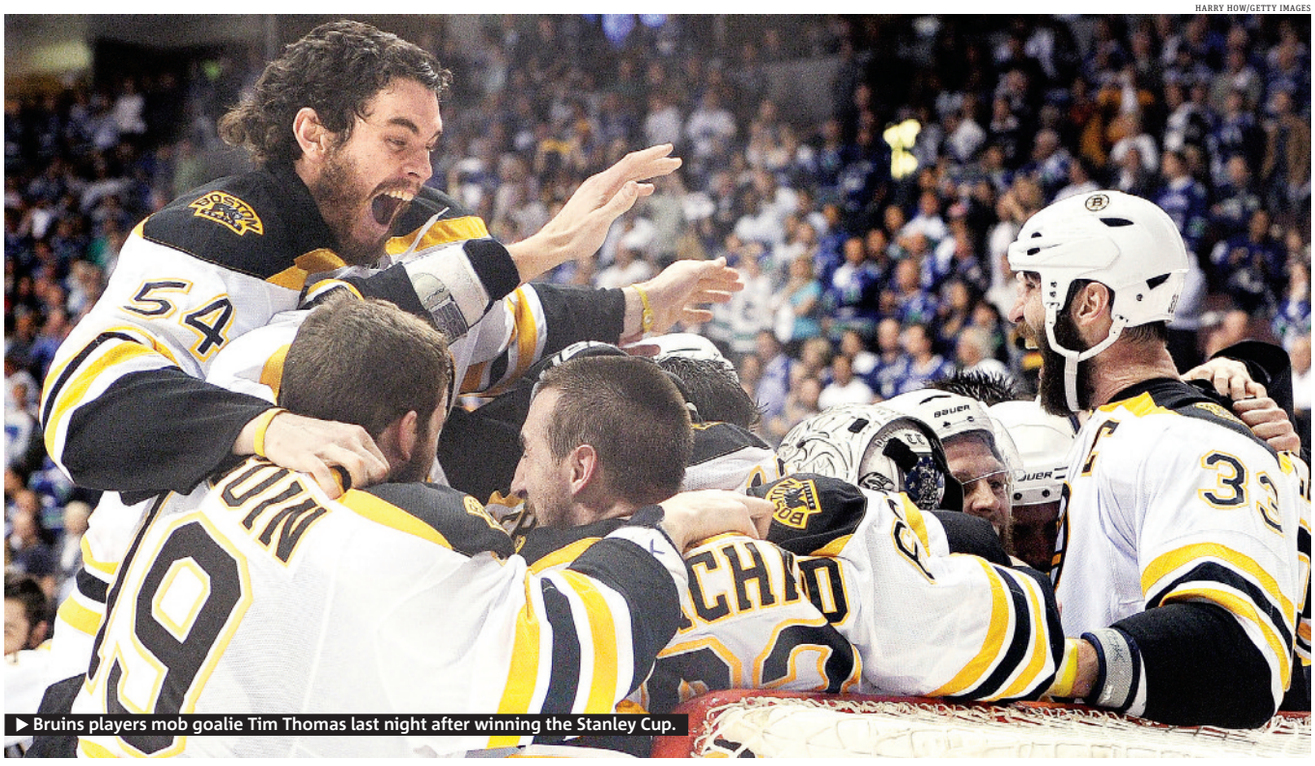
For more information, visit ttc.ca or call the MDP INFOLINE at 416-397-8800, 8:30am to 5:00pm, Monday to Friday.

HARRY HOW/GETTY IMAGES



▶ Bruins players mob goalie Tim Thomas last night after winning the Stanley Cup.

B's are the champions

Bruins get two goals from Bergeron to beat Canucks in Game 7 to win the Stanley Cup

Patrice Bergeron scored two goals, one of them short-handed, while goaltender Tim Thomas made 37 stops for the shutout as the Boston Bruins defeated the Vancouver Canucks 4-0 last night to win the Stanley Cup in a tension-filled Game 7.

Rookie Brad Marchand scored twice, once into an empty net, and had an assist as the Bruins won their sixth Stanley Cup and the first since 1972. Defenceman Dennis Seidenberg had two assists.

BRUINS	CANUCKS
4	0

Bergeron's short-handed goal in the second period was the dagger in the Canucks' heart. It made the score 3-0 and subdued a sold-out crowd of 18,860 at Rogers Arena.

Sent in on a breakaway, Bergeron was hauled down by Vancouver defenceman Christian Ehrhoff. They collided with Canucks goaltender Roberto Luongo and the puck slid into the net.

Luongo raised his arms in frustration but the referee quickly signalled a goal. The call was backed up by a video review.

Vancouver outshot Boston 37-21.

At the final whistle Bruins players streamed off the bench to mob Thomas, while the Canucks watched with their heads hung.

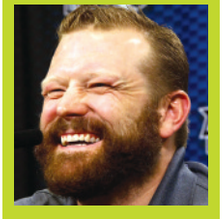
"We never made things easy on ourselves," veteran Mark Recchi told CBC after the game before hinting he would retire. "I knew Game 6 and 7 we were going to be there and we did it. What a feeling this is. This is a hell of a way for me to go out, that's for sure."

Thomas was awarded the Conn Smythe Trophy as the most valuable player in the playoffs.

THE CANADIAN PRESS

4 sports

Quoted



"Every time we got our backs up against the wall and had to win we did. Every time. To win it on the road in Game 7 is no easy task, and they came through. That's a testament to the character on that team."

BRUINS GOALIE TIM THOMAS, SPEAKING TO THE CBC AFTER THE GAME.

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KEVIN C. COX/GETTY IMAGES

▶ Pickering's Cory Joseph, left, and Brampton's Tristan Thompson during a game with the Longhorns last season.

Raptors take pre-draft look at talented local duo

NCAA teammates Thompson and Joseph going through workouts together

The Toronto Raptors took a close-up look at what many expect to be highest-drafted Canadian NBA player since Steve Nash.

Brampton's Tristan Thompson and his childhood friend and teammate Cory Joseph were at Air Canada Centre yesterday to participate in a pre-draft workout in front of Raptors brass.

The pair have travelled similar paths in life, starting with playing against each other on local hardcourts and ending with them on the same Divison I team. They played a freshman year together for the powerhouse Texas Longhorns that included an appearance at the NCAA tournament this spring.

Now, they're hoping their basketball journey together continues June 23 at the NBA draft in Newark, N.J.

Top 5 **The Raptors worked out a number of other players yesterday, including potential top-five pick Kawhi Leonard.**

For Thompson, it's coming full circle. The six-foot-nine, 227-pound power forward with incredible athleticism played a high school season at St. Benedict's Prep in Newark prior to Texas.

"Where it starts is where it ends," Thompson told a large scrum of reporters. "I'm excited about the 23rd."

Pre-draft scouting projects Thompson to be taken anywhere from sixth to the late teens. Many expect Joseph, a six-foot-three guard who ran point for the Longhorns, to be selected in the second round.

"If I'm drafted by the Raptors I'm happy. If not, no hatred or bad blood."
BRAMPTON'S TRISTAN THOMPSON

The Raptors currently hold the No. 5 pick in the draft, but it's believed neither Thompson nor Joseph can address the team's need for a low-post threat.

The highest drafted Canadian player is Nash, who went to the Phoenix Suns at No. 15 in 1996.

"It would mean a lot for me being from Canada and playing for the Raptors," said Thompson, who grew up a Vince Carter fan. "But (they'll) do what's best for the organization. I just want to be put in a position where I thrive."

Joseph, a 186-pounder from Pickering, averaged a decent 10.4 points per game with three assists and four rebounds in Texas.

"Obviously, I want to get drafted as high as I possibly can," he said. "But where ever I go, I will just make the best of the situation.

"I take pride on my defence ... I think I can score in certain situations, and I'm also able to facilitate the ball to teammates, whatever the coach needs at that particular moment."
THE CANADIAN PRESS

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CLIVE BRUNSKILL/GETTY IMAGES

▶ Thornhill's Milos Raonic takes part in the Internazoinali BNL D'Italia last month. He had a 7-6 record at European clay-court events in April and May, calming down the media frenzy that had grown after his strong start to the season.

Raonic no longer in spotlight

Media frenzy diminished by modest record in April and May

The weight of expectation on Milos Raonic has diminished after his sensational start to the 2011 tennis season, and that may be good news for the hard-serving 20-year-old.

A fourth-round showing at the Australian Open in January, followed by an ATP title in San Jose, Calif., and a thrilling loss to Andy Roddick in the Memphis final propelled Raonic to instant fame in Canada. His world ranking jumped to No. 37 from 152 over a four-week period, and within another 2½ months, he was sitting at No. 25.

But a modest 7-6 record at European clay-court events in April and May has seen the media frenzy calm to a point where his quarter-final performance last week at the pre-Wimbledon grass-court event in Germany went largely unnoticed.

Playing in his first professional grass-court event in Halle, Germany, Raonic won two rounds convincingly before falling 6-3, 6-7(6), 6-3 to Philipp Petzschner.

The crafty German led eventual champion Rafael Nadal two sets to one at Wimbledon last summer before losing 6-4, 4-6, 6-7(5), 6-2, 6-3. Petzschner then combined with Jurgen Melzer of Austria to win the doubles at Wimbledon.

"He has a great chance to reach the quarters or even the semis with his style."
DANIEL NESTOR

"I'm very happy I'm playing so well on something, grass, that's a completely new experience for me, especially at this level," Raonic said last week. "It gives me a lot of confidence."

Doubles also figured in Raonic's preparation for next week's Wimbledon as he and Robin Haase of the Netherlands reached the Halle final, giving the Canadian four more matches of precious grass-court experience.

Following his first-round loss to unheralded German veteran Michael Berrer at the French Open, Raonic appeared jaded and spoke about being a rookie and still having a lot to learn about working out a tournament schedule that would keep him fresh and fit.

With his early exit at Roland Garros, and just the Halle tournament on grass, Raonic enters Wimbledon well rested.

THE CANADIAN PRESS

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BASEBALL

Mauer set to return to Twins

Joe Mauer's return to the Minnesota lineup has been set for tomorrow.

Mauer finished his minor league rehabilitation assignment by facing teammate Joe Nathan in a live batting practice session in Florida yesterday. He hasn't played for the Twins since April 12, plagued by weakness and soreness in his legs and throwing shoulder.

Manager Ron Gardenhire said before yesterday's game against the Chicago White Sox in Minnesota that Mauer will travel today and start at catcher tomorrow against the San Diego Padres.

"It was a lot longer than I had hoped," Mauer said after his workout. "But I got my work in, and I worked with a lot of great people down here. It was nice, but obviously I want to be up there in Minnesota and be up there playing. I feel like I'm ready to get out of here."

Mauer has played in only nine games this year because of his injuries, hitting just .235 with four RBIs in the first season of a $184-million US, eight-year contract extension. He had arthroscopic knee surgery in December and said last month that his body wasn't ready when the season started.

Nathan said Mauer looked sharp.

"I threw him some pretty good breaking balls," Nathan said. "It's really just impressive to see the pitches he can take when he's down 1-2 in the count. I threw him a couple of sliders. He put a good swing on them. It's nice to see him find his swing again and start to feel good again."

Nathan pitched to Mauer and Twins prospect Miguel Sano at the team's spring training headquarters. Nathan has been on the disabled list since May 23 with soreness in his right forearm, a condition related to his recovery from Tommy John surgery last year. He struggled at the beginning of the season with a 7.63 earned-run average in 17 appearances.

THE ASSOCIATED PRESS

Serena gets break in seeding

Defending champion Serena Williams was bumped up to No. 7 in the Wimbledon seedings — 19 places above her world ranking — yesterday, a position that will allow her to avoid playing the highest-ranked players until at least the quarter-finals.

Williams won her 13th Grand Slam title last year at the All England Club, but then stepped on broken glass, eventually leading to blood clots on her lungs, and was out of action for nearly a year. She returned to competitive tennis Tuesday at Eastbourne, coming back from a set down to beat Tsvetana Pironkova 1-6, 6-3, 6-4.

She was originally seeded No. 8, but the withdrawal of second-seeded Kim Clijsters moved the rest of the field up one spot.

"Listen, I don't ask for much. I would have been happy with 25, because I'm going to be in there fighting for every point and for everything," Williams said. "It doesn't matter where I'm seeded. I'm just going to give it 200 per cent like everyone else in the draw."

Wimbledon starts Monday. The draw is scheduled for tomorrow.

On the men's side, defending champion Rafael Nadal was seeded No. 1, followed by Novak Djokovic at No. 2, Roger Federer at No. 3 and Andy Murray at No. 4 — in line with their rankings.

Federer and Nadal have combined for the past eight titles at the All England Club.

For Federer, it's the first time he has been outside the top two seedings at Wimbledon since 2003, the year he won the first of five straight titles at the grass-court Grand Slam.

Since Serena's injury, she has dropped to No. 26 in the WTA rankings. If Wimbledon organizers had seeded her according to her ranking, the four-time Wimbledon champion could have come up against a top player in the third round.

Her sister Venus, a five-time Wimbledon champion, was seeded No. 24.

THE ASSOCIATED PRESS

NHL

PLAYOFFS

All times Eastern

STANLEY CUP FINAL

(Best-of-7 series)
VANCOUVER (W1) VS. BOSTON (E3)
(Series tied at 3-3)
Last night's result
Boston at Vancouver

SCORING LEADERS

	G	A	PT
Krejci, Bos	12	11	23
H.Sedin, Vcr	3	19	22
St. Louis, TB	10	10	20
D.Sedin, Vcr	9	11	20
Kesler, Vcr	7	12	19
Lecavalier, TB	6	13	19
P.Bergeron, Bos	4	14	18
Burrows, Vcr	9	8	17
Horton, Bos	8	9	17
Ryder, Bos	8	9	17
Purcell, TB	6	11	17
J.Thornton, SJ	3	14	17
Marchand, Bos	9	7	16
Boyle, SJ	4	12	16
Clowe, SJ	6	9	15
Datsyuk, Det	4	11	15
Couture, SJ	7	7	14
Downie, TB	2	12	14
Marleau, SJ	7	6	13
Ward, Nash	7	6	13
Stamkos, TB	6	7	13
Kelly, Bos	5	8	13
Recchi, Bos	5	8	13
Gagne, TB	5	7	12
Lucic, Bos	5	7	12
Peverley, Bos	4	8	12
Ehrhoff, Vcr	2	10	12
Giroux, Pha	1	11	12
Bergenheim, TB	9	2	11
Moore, TB	3	8	11
Edler, Vcr	2	9	11
Kaberle, Bos	0	11	11
Setoguchi, SJ	7	3	10
Bieksa, Vcr	5	5	10
Ovechkin, Wash	5	5	10
Pavelski, SJ	5	5	10
Ference, Bos	4	6	10
Cammalleri, Mtl	3	7	10
Briere, Pha	7	2	9
Legwand, Nash	6	3	9
Boychuk, Bos	3	6	9
Hansen, Vcr	3	6	9
Heatley, SJ	3	6	9
Chara, Bos	2	7	9
Seidenberg, Bos	1	8	9
I.White, SJ	1	8	9
Higgins, Vcr	4	4	8
Lidstrom, Det	4	4	8
Zetterberg, Det	3	5	8
Filpula, Det	2	6	8
Perry, Ana	2	6	8
Raymond, Vcr	2	6	8
van Riemsdyk, Pha	7	0	7
Selanne, Ana	6	1	7
Fisher, Nash	3	4	7
Holmstrom, Det	3	4	7
Seguin, Bos	3	4	7
Torres, Vcr	3	4	7
Brewer, TB	1	6	7
Gragnani, Buf	1	6	7
S.Koivu, Ana	1	6	7
Laich, Wash	1	6	7
M.Richards, Pha	1	6	7
Wellwood, SJ	1	6	7
Keith, Chi	4	2	6
Semin, Wash	4	2	6
Helm, Det	3	3	6
Malone, TB	3	3	6
Paille, Bos	3	3	6
Bertuzzi, Det	2	4	6

Not including last night's game

MAJOR LEAGUE BASEBALL

BLUE JAYS 4, ORIOLES 1

Baltimore	ab	r	h	bi	Toronto	ab	r	h	bi
Hardy ss	4	0	1	0	YEscor ss	4	1	3	1
Markks rf	2	1	1	0	CPttrsn lf	4	0	1	0
AdJons cf	3	0	0	0	Bautist rf	3	1	0	0
Guerrr dh	4	0	1	0	Lind dh	3	1	2	2
Wieters c	4	0	1	1	JRiver 1b	4	1	3	1
D.Lee 1b	4	0	0	0	Arencii c	4	0	0	0
MrRynl 3b	2	0	0	0	A.Hill 2b	4	0	1	0
Reimld lf	3	0	0	0	RDavis cf	4	0	1	0
Andino 2b	3	0	0	0	J.Nix 3b	4	0	0	0
Totals	**29**	**1**	**4**	**1**	**Totals**	**34**	**4**	**11**	**4**
Baltimore					000 000 001		**1**		
Toronto					100 001 20x		**4**		

E—D.Lee (3). DP—Toronto 2. LOB—Baltimore 5, Toronto 8. 2B—Hardy (9), J.Rivera (10), A.Hill (13). HR—Y.Escobar (8), Lind (13), J.Rivera (5).

	IP	H	R	ER	BB	SO
Baltimore						
Arrieta L,8-4	6 2-3	9	3	3	2	5
Rapada	0	1	1	1	0	0
Berken	1-3	1	0	0	0	0
Gregg	1	0	0	0	0	2
Toronto						
R.Romero W,6-6	8	3	1	1	4	12
F.Francisco S,6-9	1	1	0	0	0	0

R.Romero pitched to 2 batters in the 9th.
Rapada pitched to 1 batter in the 7th.
Umpires—Home, Jerry Layne; First, Bob Davidson; Second, Hunter Wendelstedt; Third, Brian Knight.
T—2:27. A—14,541 (49,260) at Toronto.

CALENDAR

July 12 — All-Star game, Phoenix.
July 24 — Hall of Fame induction, Cooperstown, N.Y.
July 31 — Last day to trade a player without securing waivers.
Aug. 15 — Last day to sign selections from 2011 amateur draft who have not exhausted college eligibility.

ACTIVITY

MLB

AMERICAN LEAGUE

BALTIMORE ORIOLES—Placed RHP Alfredo Simon on the 15-day DL, retroactive to June 13. Recalled RHP Jason Berken from Norfolk (IL).
MINNESOTA TWINS—Reinstated SS Tsuyoshi Nishioka from the 60-day DL.
TEXAS RANGERS—Agreed to terms with LHP Will Lamb and assigned him to Spokane (NWL).

NATIONAL LEAGUE

MILWAUKEE BREWERS—Sent C Wil Nieves outright to Nashville (PCL). Purchased the contract of C George Kottaras from Nashville.

NHL

CHICAGO BLACKHAWKS—Signed senior advisor of hockey operations Scotty Bowman to a contract extension. Promoted Marc Bergevin to assistant general manager, Norm Maciver to director of player personnel and Kyle Davidson to hockey administration coordinator.
NASHVILLE PREDATORS—Signed D Teemu Laaksoto a one-year contract.
ST. LOUIS BLUES—Re-signed F Vladimir Sobotka to a three-year contract extension.
WASHINGTON CAPITALS—Re-signed D Patrick McNeill to a two-year contract.

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	40	27	.597	—
New York	37	28	.569	2
Tampa Bay	36	32	.529	4½
Toronto	34	34	.500	6½
Baltimore	30	35	.462	9

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	37	30	.552	—
Cleveland	35	30	.538	1
Chicago	33	35	.485	4½
Kansas City	30	37	.448	7
Minnesota	26	39	.400	10

WEST DIVISION

	W	L	Pct	GB
Texas	36	32	.529	—
Seattle	34	34	.500	2
Los Angeles	33	36	.478	3½
Oakland	28	40	.412	8

Last night's results
Cleveland at Detroit
Texas at N.Y. Yankees
Toronto 4 Baltimore 1
Boston 3 Tampa Bay 0
Chicago White Sox at Minnesota
Kansas City at Oakland
L.A. Angels at Seattle
Tuesday's results
Detroit 4 Cleveland 0
N.Y. Yankees 12 Texas 4
Toronto 6 Baltimore 5 (11 inn.)
Tampa Bay 4 Boston 0
Chicago White Sox at Minnesota (ppd., rain)
Kansas City 7 Oakland 4
L.A. Angels 4 Seattle 0
Today's games
Baltimore (Guthrie 2-8) at Toronto (Z.Stewart 0-0), 12:37 p.m.
Cleveland (Talbot 2-3) at Detroit (Scherzer 8-2), 1:05 p.m.
Texas (C.Wilson 7-3) at N.Y. Yankees (B.Gordon 0-0), 1:05 p.m.
Chicago White Sox (Buehrle 6-4) at Minnesota (Blackburn 5-4), 1:10 p.m.
Kansas City (Francis 3-6) at Oakland (G.Gonzalez 5-5), 3:35 p.m.
Boston (C.Buchholz 5-3) at Tampa Bay (Price 7-5), 7:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	42	26	.618	—
Atlanta	38	30	.559	4
New York	33	34	.493	8½
Florida	32	35	.478	9½
Washington	32	36	.471	10

CENTRAL DIVISION

	W	L	Pct	GB
Milwaukee	38	30	.559	—
St. Louis	38	31	.551	½
Cincinnati	37	33	.529	2
Pittsburgh	33	33	.500	4
Chicago	27	39	.409	10
Houston	25	43	.368	13

WEST DIVISION

	W	L	Pct	GB
San Francisco	38	29	.567	—
Arizona	37	31	.544	1½
Colorado	33	35	.485	5½
Los Angeles	31	39	.443	8½
San Diego	30	40	.429	9½

Yesterday's results
Philadelphia 8 Florida 1 (1st game)
Cincinnati 7 L.A. Dodgers 2
Colorado 6 San Diego 3
Florida at Philadelphia (2nd game)
Washington 10 St. Louis 0
N.Y. Mets at Atlanta
Milwaukee at Chicago Cubs
Pittsburgh at Houston
San Francisco at Arizona
Tuesday's results
Philadelphia 9 Florida 1
Washington 8 St. Louis 6
N.Y. Mets 4 Atlanta 3
Chicago Cubs 5 Milwaukee 4 (10 inn.)
Pittsburgh 1 Houston 0
Colorado 6 San Diego 3
San Francisco 6 Arizona 5
Cincinnati 3 L.A. Dodgers 2
Today's games
Florida (Vazquez 3-6) at Philadelphia (Cl.Lee 6-5), 1:05 p.m.
Pittsburgh (Ja.McDonald 4-4) at Houston (Lyles 0-1), 2:05 p.m.
Milwaukee (Greinke 6-1) at Chicago Cubs (Garza 2-6), 2:20 p.m.
St. Louis (Lohse 7-3) at Washington (Lannan 4-5), 7:05 p.m.
N.Y. Mets (Dickey 3-7) at Atlanta (Minor 0-2), 7:10 p.m.
San Francisco (Vogelsong 4-1) at Arizona (I.Kennedy 7-2), 9:40 p.m.

LEAGUE LEADERS

	G	AB	R	H	Avg.
AdGonzalez Bos	66	271	45	94	.347
Bautista Tor	59	207	53	70	.338
Joyce TB	62	205	38	67	.327
Konerko ChiW	65	245	32	79	.322
Ortiz Bos	64	240	42	77	.321
Ellsbury Bos	66	267	49	85	.318
VMartinez Det	53	195	27	62	.318
MiCabrera Det	67	231	49	73	.316
Kubel Minn	52	200	20	62	.310
HKendrick LAA	55	214	34	66	.308

RBIs - AdGonzalez, Boston, 60; Konerko, Chicago, 52; Granderson, New York, 51; Teixeira, New York, 49; Beltre, Texas, 48; Quentin, Chicago, 47; MiCabrera, Detroit, 46.
PITCHING - Lester, Boston, 9-2; Scherzer, Detroit, 8-2; Arrieta, Baltimore, 8-3; Verlander, Detroit, 8-3; Sabathia, New York, 8-4; Weaver, Los Angeles, 8-4; Six players tied at 7.
Not including last night's games

LEAGUE LEADERS

	G	AB	R	H	Avg.
JosReyes NYM	64	280	49	97	.346
Kemp LAD	69	250	47	83	.332
Votto Cin	68	247	47	82	.332
Pence Hou	67	275	33	88	.320
Berkman StL	58	192	42	61	.318
Helton Col	58	193	30	61	.316
Carroll LAD	66	232	33	73	.315
Ethier LAD	68	245	32	77	.314
Wallace Hou	66	211	26	66	.313
GSanchez Fla	66	254	35	79	.311

RBIs - Fielder, Milwaukee, 59; Kemp, Los Angeles, 56; Howard, Philadelphia, 55; Pence, Houston, 50; Braun, Milwaukee, 49; Berkman, St. Louis, 48; Bruce, Cincinnati, 48.
PITCHING - Hamels, Philadelphia, 9-2; Halladay, Philadelphia, 9-3; Gallardo, Milwaukee, 8-3; Jurrjens, Atlanta, 8-3; Hanson, Atlanta, 8-4; Correia, Pittsburgh, 8-5; Eight players tied at 7.
Not including last night's games

GOLF

U.S. OPEN

At Bethesda, Md.
Tee times for the 2011 U.S. Open, to be held June 16-19 on the 7,574-yard, par- 71 (36-35) Blue Course at the Congressional Country Club (all times ET; competitors from the U.S., unless specified; a-denotes amateur):
Today - Tomorrow
First hole-10th hole
7 a.m.-12:40 p.m. - Dae-Hyun Kim, South Korea; Chez Reavie, Shane Lowry, Ireland.
7:11 a.m.-12:51 p.m. - Greg Chalmers, Australia; Kirk Triplett; TBD.
7:22 a.m.-1:02 p.m. - Marc Leishman, Australia; Alex Cejka, Czech Republic; Kevin Streelman.
7:33 a.m.-1:13 p.m. - Fred Funk; a-David Chung; Michael Campbell, New Zealand.
7:44 a.m.-1:24 p.m. - Matt Kuchar; Paul Casey, England; K.J. Choi, South Korea.
7:55 a.m.-1:35 p.m. - Graeme McDowell, Northern Ireland; a-Peter Uihlein; Louis Oosthuizen, South Africa.
8:06 a.m.-1:46 p.m. - Henrik Stenson, Sweden; Johan Edfors, Sweden; Fredrik Jacobson, Sweden.
8:17 a.m.-1:57 p.m. - Ernie Els, South Africa; Davis Love III; Jim Furyk, United States.
8:28 a.m.-2:08 p.m. - Justin Rose, England; Tim Clark, South Africa; Jason Day, Australia.
8:39 a.m.-2:19 p.m. - Jeff Overton; Ryan Palmer; TBD.
8:50 a.m.-2:30 p.m. - Brandt Jobe; Nick O'Hern, Australia; D.A. Points.
9:01 a.m.-2:41 p.m. - Christo Greyling, South Africa; **Adam Hadwin, Abbotsford, B.C.;** Joey Lamielle.
9:12 a.m.-2:52 p.m. - Michael Tobiason, Jr., Jesse Hutchins, Michael Smith.
12:40 p.m.-7 a.m. - Ty Tryon; Maarten Lafeber, The Netherlands; Scott Barr, Australia.
12:51 p.m.-7:11 a.m. - Geoffrey Sisk; a-Cheng-Tsung Pan, Chinese Taipei; Matt Richardson, England.
1:02 p.m.-7:22 a.m. - Bo Van Pelt; K.T. Kim, South Korea; Ben Crane.
1:13 p.m.-7:33 a.m. - Mark Wilson; Martin Laird, Scotland; Peter Hanson, Sweden.
1:24 p.m.-7:44 a.m. - Miguel Angel Jimenez, Spain; Sergio Garcia, Spain; Alvaro Quiros, Spain.
1:35 p.m.-7:55 a.m. - Francesc Molinari, Italy; Matteo Manassero, Italy; Edoardo Molinari, Italy.
1:46 p.m.-8:06 a.m. - Hiroyuki Fujita, Japan; Todd Hamilton; Kevin Na, South Korea.
1:57 p.m.-8:17 a.m. - Rickie Fowler; Ian Poulter, England; Hunter Mahan.
2:08 p.m.-8:28 a.m. - Camilo Villegas, Colombia; Aaron Baddeley, Australia; Brandt Snedeker.
2:19 p.m.-8:39 a.m. - Kevin Chappell; Do-Hoon Kim, South Korea; Robert Rock, England.
2:30 p.m.-8:50 a.m. - **Jon Mills, Oshawa, Ont.;** Andreas Harto, Denmark; a-Scott Pinckney.
2:41 p.m.-9:01 a.m. - a-Steve Irwin; Ryan Nelson; Elliot Gealy.
2:52 p.m.-9:12 a.m. - Christopher Deforest; a-Chris Williams; **Wes Heffernan, Calgary.**
Thursday-Friday
10th hole-First hole
7 a.m.-12:40 p.m. - Chad Campbell; Harrison Frazar; Marc Turnesa.
7:11 a.m.-12:51 p.m. - Justin Hicks; Marcel Siem, Germany; Sunghoon Kang, South Korea.
7:22 a.m.-1:02 p.m. - Thomas Levet, France; Brian Gay; Gregory Havret, France.
7:33 a.m.-1:13 p.m. - Heath Slocum; a-Russell Henley; Nicolas Colsaerts, Belgium.
7:44 a.m.-1:24 p.m. - Padraig Harrington, Ireland; Angel Cabrera, Argentina; Stewart Cink.
7:55 a.m.-1:35 p.m. - Ryo Ishikawa, Japan; Anthony Kim; Y.E. Yang, South Korea.
8:06 a.m.-1:46 p.m. - Luke Donald, England; Lee Westwood, England; Martin Kaymer, Germany.
8:17 a.m.-1:57 p.m. - Jonathan Byrd; Bill Haas; Webb Simpson.
8:28 a.m.-2:08 p.m. - Bubba Watson; Adam Scott, Australia; Robert Karlsson, Sweden.
8:39 a.m.-2:09 p.m. - Sam Saunders; Tim Petrovic; Scott Piercy.
8:50 a.m.-2:20 p.m. - Matthew Edwards; a-Brad Benjamin; TBD.
9:01 a.m.-2:31 p.m. - Bud Cauley; Adam Long, United States; a-Michael Barbosa.
9:12 a.m.-2:42 p.m. - Michael Whitehead; Will Wilcox; John Ellis.
12:40 p.m.-7 a.m. - Alexandre Rocha, Brazil; Andres Golzales; Bubba Dickerson.
12:51 p.m.-7:11 a.m. - Michael Putnam; a-Patrick Cantlay; Robert Dinwiddie, England.
1:02 p.m.-7:22 a.m. - John Senden, Australia; Robert Garrigus; Scott Hend, Australia.
1:13 p.m.-7:33 a.m. - Jason Dufner; Stephen Gallacher, Scotland; S.Y. Noh, South Korea.
1:24 p.m.-7:44 a.m. - Steve Stricker; Retief Goosen, South Africa; David Toms.
1:35 p.m.-7:55 a.m. - Rory McIlroy, Northern Ireland; Dustin Johnson; Phil Mickelson.
1:46 p.m.-8:06 a.m. - Charl Schwartzel, South Africa; Trevor Immelman, South Africa; Zach Johnson.
1:57 p.m.-8:17 a.m. - Nick Watney; Lucas Glover, United States; Geoff Ogilvy, Australia.
2:08 p.m.-8:28 a.m. - Ryan Moore; Robert Allenby, Australia; Rory Sabbatini, South Africa.
2:19 p.m.-8:39 a.m. - David Howell, England; Kenichi Kuboya, Japan; Briny Baird.
2:30 p.m.-8:50 a.m. - Charley Hoffman; Alexander Noren, Sweden; Sangmoon Bae, South Korea.
2:41 p.m.-9:01 a.m. - a-Brett Patterson; Bennett Blakeman; Brian Locke.
2:52 p.m.-9:12 a.m. - Chris Wilson; David May; a-Beau Hossler.

SOCCER

2011 CONCACAF GOLD CUP

QUARTER-FINALS

Saturday's games
At East Rutherford, N.J.
QF1 — Costa Rica vs. Honduras, 5 p.m.
QF2 — Mexico vs. Guatemala, 8 p.m.
Sunday's games
At Washington
QF3 — Jamaica vs. U.S., 3 p.m.
QF4 — Panama vs. El Salvador, 6 p.m.

MLS

Last night's result
Toronto at New England
Tomorrow's game
San Jose at Kansas City, 8:30 p.m.
Saturday's games
Seattle at Toronto, 7 p.m.
Chicago at New England, 7:30 p.m.
Columbus at Houston, 8:30 p.m.
D.C. United at Real Salt Lake, 9 p.m.
Los Angeles at Colorado, 9 p.m.
Philadelphia at Vancouver, 10 p.m.
Dallas at Chivas USA, 10:30 p.m.

O's no fans of dome

Jays win 16th in a row at home against Baltimore

Ricky Romero pitched a three-hitter through eight innings and equalled his career high with 12 strikeouts as the Toronto Blue Jays beat the Baltimore Orioles 4-1 last night.

Yunel Escobar, Juan Rivera and Adam Lind hit home runs for the Jays (34-34), who have won the first two games of the three-game series against the Orioles (30-35).

Romero (6-6) was charged with one run and walked four, two of them in the ninth when Frank Francisco replaced him to pick up a save despite giving up a run-scoring single. Orioles starter Jake Arrieta (8-4) allowed nine hits, two of them home runs, and three runs in 6⅔ innings. One of his runs scored on Lind's two-run homer, Lind's 13th of the season, against left-hander Clay Rapada.

4	1
JAYS	ORIOLES

The Blue Jays had three hits in the first inning but the only one that produced a run was Escobar's lead-off homer. It was his eighth homer of the season and the fourth lead-off homer of his career.

Romero retired his first nine batters but his spell was snapped by J.J. Hardy's lead-off double in the fourth. THE CANADIAN PRESS

ABELIMAGES/GETTY IMAGES

▶ Toronto's Yunel Escobar celebrates his lead-off home run last night in front of Baltimore's Matt Wieters in the first inning.

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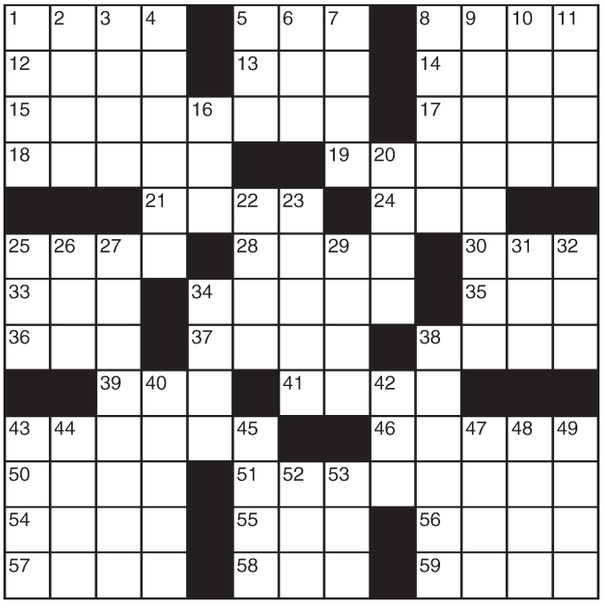

Across

1 Con game
5 Not-so-tall tale
8 Front projection
12 Needing a cane
13 Earlier than
14 Hold sway
15 Intl. cartel
16 Actress Gardner
17 Elevator name
18 Railyard sight
20 Result
22 Every last bit
23 15-Across' product
24 Gullets
27 And so on
32 — Beta Kappa
33 Vast expanse
34 Blue
35 Unrelenting pest
38 Snakes
39 Storm center
40 Keyboard abbr.
42 Take out of context?
45 Small yellow fruit used in preserves
49 Vicinity
50 "Hail!"
52 Loosen
53 Optimistic
54 Family member
55 Particular
56 Being, to Brutus
57 "Of course"
58 "Piggies"

Down

1 Messy guy
2 Mafia bigwig
3 MasterCard alternative, briefly
4 Gathering places
5 Intrepid
6 Mr. Robbins who partnered with Burt Baskin
7 Suitor
8 Toaster's word
9 Cruel
10 Medley
11 Into the sunset
19 Mr. Pacino
21 "Ulalume" writer
24 Speedometer stat
25 "Caught ya!"
26 Brit's radio
28 Ball-bearing gizmo
29 Negligent
30 Knock
31 Billboards
36 Sailor's assent
37 Collection
38 Find not guilty
41 Therefore
42 Challenge
43 Love deity
44 Uncomplicated
46 "Do — others ..."
47 "Zip- — -Doo-Dah"
48 — River, NJ
51 Struggle (for)

▶ Monday's answer

S	L	A	P	■	B	A	R	■	B	A	S	S
E	I	R	E	■	A	C	E	■	O	N	T	O
A	N	T	E	D	A	T	E	■	S	T	A	N
S	T	Y	L	E	■	■	L	A	S	E	R	S
■	■	■	E	G	O	S	■	C	A	N	■	■
A	J	A	R	■	R	A	S	H	■	N	O	W
H	A	N	■	D	A	N	T	E	■	A	W	E
A	N	T	■	A	L	T	O	■	B	E	L	T
■	■	E	L	L	■	E	P	E	E	■	■	■
I	T	A	L	I	C	■	■	W	R	Y	E	R
R	I	T	A	■	A	N	T	E	L	O	P	E
I	D	E	M	■	R	U	E	■	I	R	O	N
S	E	R	A	■	D	N	A	■	N	E	S	T

Sudoku

	5		9		1		7	
		1				5		
	7		3		8		2	
	1	9				6	4	
2								5
	3	8				2	1	
	2		6		5		9	
		4				8		
	8		1		2		6	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer ▶

7	5	9	3	8	4	1	2	6
1	2	8	9	7	6	5	3	4
3	4	6	2	5	1	9	7	8
2	1	3	6	9	7	4	8	5
9	8	4	5	1	2	7	6	3
6	7	5	4	3	8	2	1	9
4	3	7	1	6	9	8	5	2
5	9	1	8	2	3	6	4	7
8	6	2	7	4	5	3	9	1

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pumpkin noodle happy anniversary! this year has been amazing. i look forward to many more. i love you very much. **YOUR ANDREA**

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Mr. Big, you make the butterflies in my stomach go wild. I can't believe that it has already been two beautiful weeks... I can't wait to wake up next to you every morning so we can make breakfast together. I love you so much! **SWEET BUNS**

Today
22°/16°
Showers
40%
Friday
23°/16°
Variable
The Weather Network
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TWN incorporates MSC data

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Today, you will find it easy to open up and let those you care for know what they mean to you.

♉ Taurus April 21-May 21 Mercury's move into the communications area of your chart makes it easy to find the right words.

♊ Gemini May 22-June 21 Have fun today, but keep an eye on your financial situation.

♋ Cancer June 22-July 22 Remind everyone that you don't mind them asking favours but you do mind them giving orders.

♌ Leo July 23-Aug.23 If you don't feel like being sociable today, you don't have to make an effort.

♍ Virgo Aug. 24- Sept. 22 If something you would have preferred to stay secret becomes public knowledge today, don't deny it.

♎ Libra Sept. 23-Oct. 23 Think big, act big and expect a big breakthrough over the next 24 hours.

♏ Scorpio Oct. 24-Nov. 22 If you are asked to go on a trip of some kind (one you fear may bore you), don't turn it down. It could change your life.

♐ Sagittarius Nov. 23-Dec. 21 Your ability to notice patterns where others see only individual events, will be useful today.

♑ Capricorn Dec. 22-Jan. 20 You need to be more assertive, especially if you have let friends make decisions for you.

♒ Aquarius Jan. 21-Feb. 18 No matter how well things are going, you can't keep this pace.

♓ Pisces Feb. 19-March 20. Is thinking you must make amends for something you did a long time wise? **SALLY BROMPTON**

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